



The New Science of The Teenage Brain



Nurturing & Neuroscience

Many parents do not understand why their teenagers occasionally behave in an impulsive, irrational, or dangerous way. At times, it seems like they don't think things through or fully consider the consequences of their actions. Adolescents differ from adults in the way they behave, solve problems, and make decisions. There is a biological explanation for this difference. Studies have shown that brains continue to mature and develop throughout childhood and adolescence and well into early adulthood. This seminar is a revolutionary look at the science of the adolescent brain, providing remarkable insights that translate into practical advice for both parents and teenagers.

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*Check the website for upcoming dates including more information on other available workshops and groups.



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Changing Brains Mean that Adolescents Act Differently From Adults

Pictures of the brain in action show that adolescents' brains function differently than adults when decision-making and problem solving. Their actions are guided more by the amygdala (the emotional brain) and less by the frontal cortex (the thinking brain).

Based on the stage of their brain development, adolescents are more likely to:

- act on impulse
- misread or misinterpret social cues and emotions
- get into accidents of all kinds
- get involved in fights or drama
- engage in dangerous or risky behavior

Adolescents are less likely to:

- think before they act
- pause to consider the potential consequences of their actions
- modify their inappropriate behaviors

These brain differences don't mean that young people can't make good decisions or tell the difference between right and wrong. It also doesn't mean that they shouldn't be held responsible for their actions. But an awareness of these differences can help parents understand, anticipate, and manage the behavior of adolescents.

