

# UNDERSTANDING

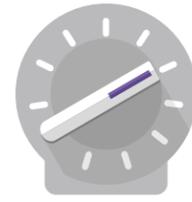


# THE TEEN BRAIN

## THE SCIENCE OF THE TEEN BRAIN

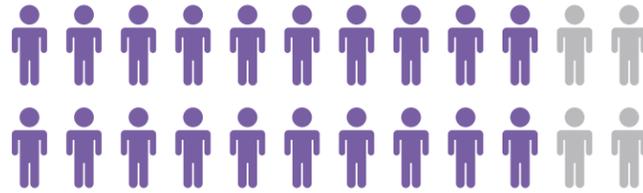
The teen brain's frontal lobes, used for decision making and problem solving, are not yet fully insulated so signals move slowly to the rest of the brain. This lack of full insulation leads to impulsive decisions.

Full formation isn't complete until the **MID-20s**



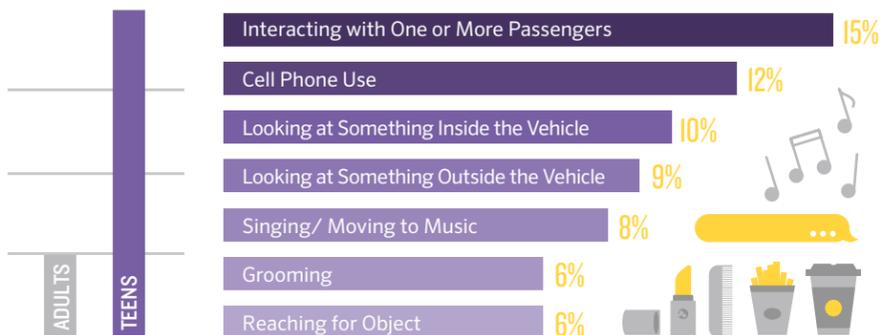
## DETERMINE THE DANGERS: KNOW THE RISK BEHAVIOR

Because their brains are still maturing, teenagers are more prone to addiction than adults. Kids who drink alcohol before the age of 15 are **five times more likely** to develop alcoholism or dependence than those who begin drinking after the age of 21.



## Beware of Driving Distractions

Teens are **four times more likely** to crash their cars than adults. According to AAA, distraction is a factor in more than half of teen car crashes.



## SET LIMITS!

Kids average more than **10 hours** of media time every day! That's about **68%** of the time they're awake.



## GET SOME REST!

Sleep is essential for learning. Teens should get at least **8-10 hours** of sleep. **9.25** hours is recommended.



## SOLICIT SUPPORT: THE SCIENCE OF SLEEP

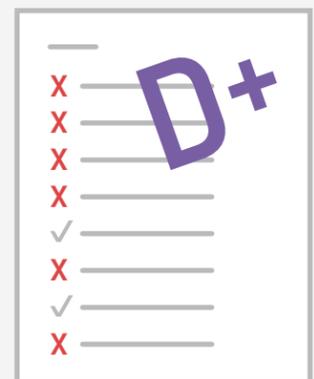
Most high school students are sleep deprived. Stay off the cell phone at night. Artificial light is a stimulus and decreases the chemicals that bring on sleep.



Teens who get **less than**

# SIX HOURS

of sleep are more likely to perform poorly on tests.



## PROMOTE THE POSSIBILITIES

Teens have better memory! Incidental memory peaks at **age 12** and then continues to decline through adulthood.



## RECOGNIZE THEIR POTENTIAL

Since a teen's brain is still changing, there's high potential for increasing IQ.



## USE IT OR LOSE IT!

As teens learn and experience new things, they will continue to make new brain connections.

Once you understand the mysteries of your teen's brain, you can protect them from bad behaviors and help them benefit from their amazing potential to learn and mature!