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.

90% of Americans use some type of electronic device before bedtime. Monitor this activity!

68% of 15-to-17-year-olds said they keep an electronic device on throughout the night.

20% fall asleep in class.

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.

IQ scores can rise or fall 20 pts

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!