The Teenage Brain

By Sheryl Feinstein
Synaptic Connections

100 Billion Neurons

Short-term memory Increases by 30%

Pruning occurs developmentally

Human Brain weighs About 3 lbs.
Neurons that fire together wire together
Results of Changes in the Teenage Brain

- Misunderstandings
- Emotional Language
- Poor Decision Making
- More Susceptible to Stress
• Mood Swings
• Physical Anger
• Ego – Centric
  a. Everyone is watching them
  b. First to experience everything
  c. Indestructible
• Addiction
9 Non-Negotiable Needs of Teenagers

1. Tolerance & Acceptance
2. Foster Positive **Identity** Formation – Exploration & Mentors
3. **Autonomy** & Independence - Structure & Clear Expectations
4. Academic Achievement – homework helpers, tutors, work that is challenging but not frustrating
5. Service to their Community – including Multi Generational
6. Healthy Coping Skills – including Physical Activity (Teach & Model)
7. Allow some personal Choice & Creativity
8. Hope & Vision for their Future
9. Encouragement