My teen brain

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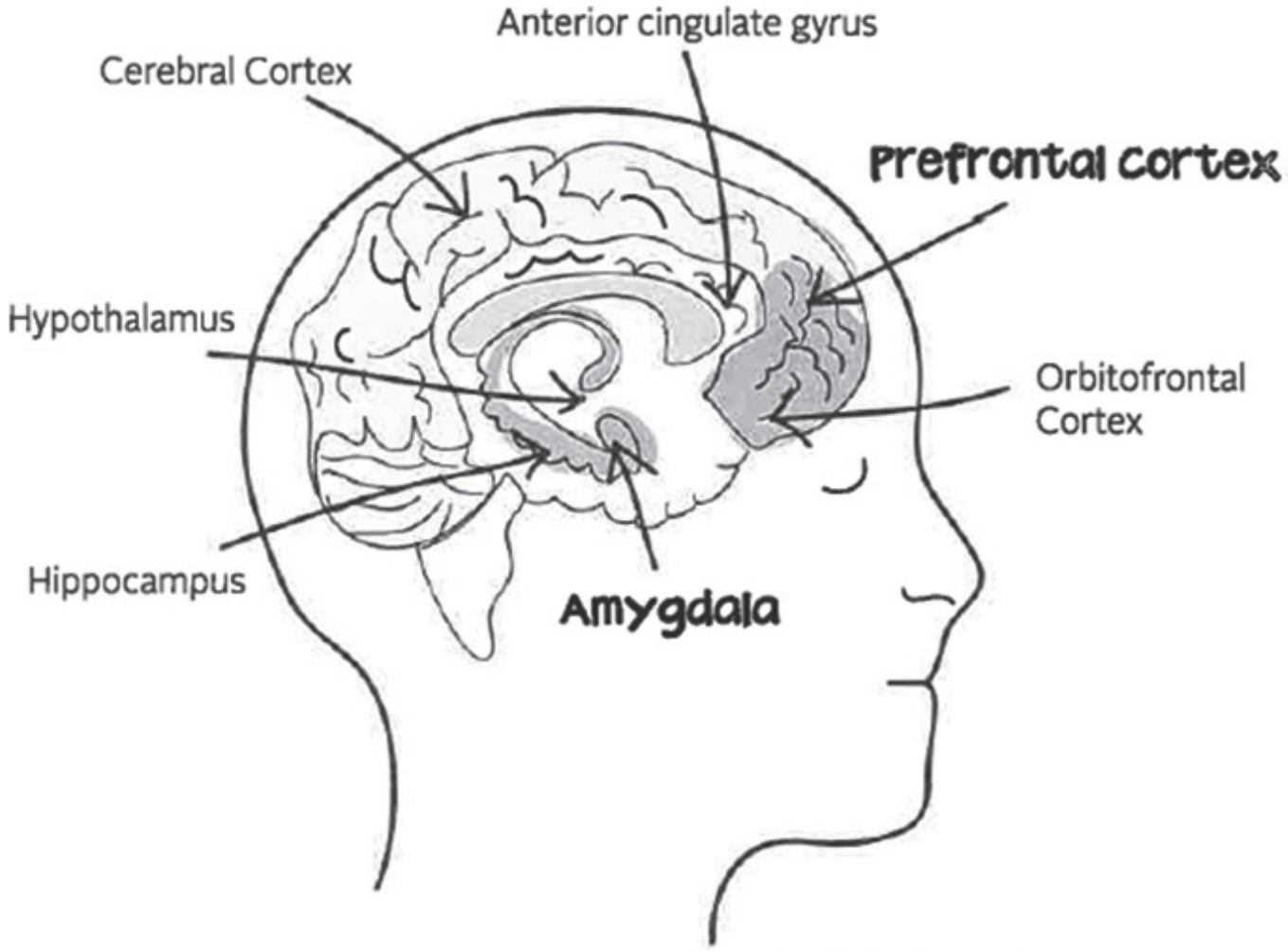
Student Guide

Learning objectives

By the end of the session you will know:

- The main changes that take place in the teenage brain
- How memories are formed and how learning occurs
- How to manage stress and emotion



The pre frontal cortex
is responsible for self control, planning, thinking ahead, problem solving and making decisions.

The amygdala
is part of the limbic system, the area of the brain associated with emotion, sensation seeking and arousal.

Change since you became a teenager

MEMORY

Better Worse

BEING MOODY

More Less

FINDING LIFE STRESSFUL

More Less

ENJOYING THINGS THAT ARE A BIT RISKY

More Less

TALKING TO PARENTS

Easier Harder

SCIENTIFIC THINKING

Better Worse

BEING INFLUENCED BY FRIENDS

More Less

GETTING TO SLEEP AT NIGHT

Easier Harder

How to manage stress

Here are 8 ways to manage stress.

Put a tick against the ones that you think would be most helpful for you.

- ☐ 1. I think the best thing to do is to find something to take my mind off it, like watching YouTube or something.
- ☐ 2. I talk to people like my Mum. I think it is best to talk to someone and work out what to do.
- ☐ 3. When you are stressed it is important to sleep more and not to think about the thing you are stressed about.
- ☐ 4. If I feel stressed I get anxious. I often go to the fridge and get something to eat.
- ☐ 5. Talking to friends is the best, they can usually help you see things in a different way.
- ☐ 6. I try to think of things that I like, and I write them on a board. That makes me feel better, and then I think about how to deal with the stress.
- ☐ 7. I keep my feelings to myself. I don't want to talk about it as I know that it makes other people around me sad or worried.
- ☐ 8. I do things to make me feel better, like I go out, go for a walk or a run.

What did you think?

"THIS WAS INTERESTING"

(please circle one number)

Very much so				Not at all
5	4	3	2	1

"I LEARNT SOMETHING NEW TODAY"

Yes, definitely				No, nothing new
5	4	3	2	1

"I ENJOYED THE SESSION"

Yes, a lot				No, it was boring
5	4	3	2	1

"I WOULD LIKE TO COME TO ANOTHER SESSION IF POSSIBLE"

Yes, I would like that				No thanks, I have heard enough
5	4	3	2	1

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Hertfordshire

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