

My teen brain

Apart from the first three years of life, the years from puberty onwards are years when the brain shows more change and development than at any other time.

Hertfordshire County Council's Childhood Support Services team working in partnership with Professor John Coleman and Family Links, have developed My Teen Brain.

The initiative aims to help professionals, parents and carers understand this key stage of brain development and how those changes - in conjunction with experience and environment - can affect emotions, relationships, behaviour, sleep and attitudes to risk.



My Teen Brain offers

- A dedicated website (www.hertsdirect.org/myteenbrain).
- A one day multi-agency training for professionals working with either adolescents (10-14) or their parents. The training looks at changes to the adolescent brain, risks and behaviours and how the learning can help a strength based approach to practice.
- Thematic training days that focus on specific topics of adolescent development.
- Further training to enable professionals to deliver workshops to parents.
- Group based workshops for parents.

Key findings to remember

- A lot is happening to the young person, much of which is invisible from the outside.
- Changes in the brain will allow new learning and the development of new intellectual skills.
- Your behaviour has a major impact on the young person.
- Be willing to allow the young person to gradually increase levels of independence.
- The brain is only one factor influencing behaviour, family, school and community have a role to play.