



My Teen Brain

As adults, we can sometimes struggle to communicate with young people, worry what they are doing and can be baffled by their behaviour.

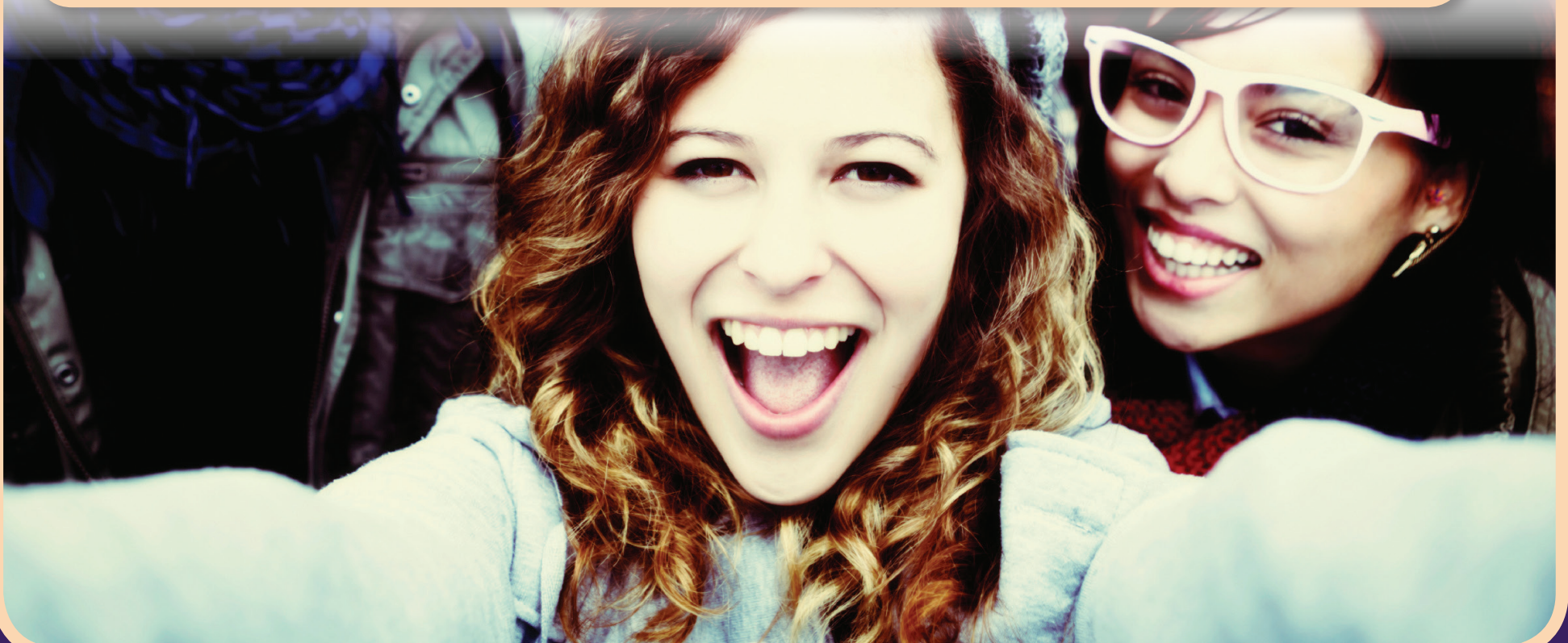
However, recent interesting research on the adolescent brain has given us an insight into adolescent development and enabled us to better understand this period in a young person's life.



- My Teen Brain focuses on a key stage of brain development and highlights how changes in the adolescent brain, in conjunction with experience and environment, can affect emotions, relationships, behaviours, sleep and attitudes to risk.
- The brain is only one factor influencing behaviour, family, school and community have a role to play - but an understanding of changes in the brain will help you to better support your teenager through this time of change.
- Our dedicated website contains lots of useful information, hints and tips. We will also be running parent workshops - you can find more details about these by visiting our website.

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.



For more information see www.hertsdirect.org/myteenbrain