



The Adolescent Brain is Still Under Construction

Have you ever heard yourself say, “What were you thinking” to your child? Well here’s a surprise.....they weren’t thinking! They can’t. The area of the brain that contains the ability for “sober second thought” may not be totally developed until late teens, early twenties. This means that they do not yet possess the ability to second guess and anticipate consequences. This of course does not mean that you should let them off the hook, but it does help explain their behavior.

Did you know that.....



The brain, not hormones, is to blame for the inexplicable behavior of teens?



Short-term memory increases by about thirty percent during adolescence?



The activities teens invest their time and energy in influences what activities they will invest in as adults?



Teens are ruled far more by their emotions than by logic? The part of the brain that develops reason is not complete yet so that a teenager relies overly on emotion.



The teen brain is particularly susceptible to *novelty*? Changing activities often, keeps a child engaged.



Teens crave structure and organization in spite of their attraction to novelty?

* For more information see “Secrets of the Teenage Brain” by Sheryl Feinstein