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MORE CONTROL | LESS IMPULSE

The Neuroscience of Adolescent Brain Changes

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When you were 8-12yrs old, how many hours did you spend out and about, with friends and siblings, with NO adult in close proximity?

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RED / GREEN BRAIN

UPPER/GREEN BRAIN

- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy

LOWER/RED BRAIN

- Survival Tasks
- Impulsive
- Irrational
- "Two years old"
- Selfish

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ACTIVATING THE STRESS RESPONSE

Neuroception

"AM I SAFE?"

4

ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO **DIE**

↑

STRESSOR

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5

When it starts & why....

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Dopamine Sensitivity

- * risk taking
- *other youth/tribe formation
- *boredom
- *addiction

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Some Potential Glitches...

- Facial Recognition
- Perspective Taking

NB: Upgrades create glitches, but upgrades require data input (ie. we need to stay involved with our youth – even when it feels difficult...)

8



Another Challenge...

Separation from Parent

9



Social Grouping Influence

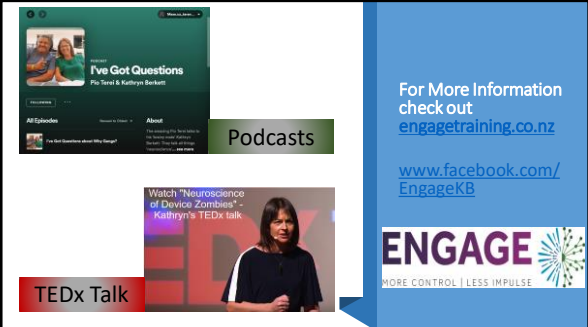
- Status Increase
- Creating 'cliques'

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DDSIH



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Podcasts

TEDx Talk

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