



Unravelling the Adolescent Brain



In this informative, entertaining presentation the audience will gain an understanding of the latest research on brain changes and the why behind the behaviours we observe as a child transitions through adolescence to an adult.

Introductory Seminar:

1.5 – 2 hours \$460

Half Day Seminar:

3 – 3.5 hours \$750

Tailored and full day seminars available upon request. Friday evening and weekend rates apply.

Enquire or make a booking

Email: bookings@brainwave.org.nz



Adolescence is a period where we can build the essence of living well for the rest of our adult life.

Programme Overview

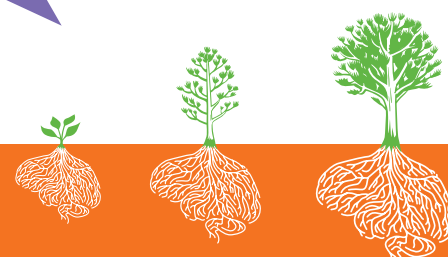
During adolescents there are a range of factors that influence the behaviour; understanding the dynamics of adolescence and the brain changes that occur is useful for anyone who cares for or work with adolescents.

"[I now have a] greater awareness around the needs for children and what to look out for."

Social Worker, Northland

"Anyone working with youth at risk should hear the Brainwave Adolescent seminar. This evidence based information is easy to understand and covers the latest scientific information on brain development and behaviour of adolescents. It may well shape your thinking about how you work with adolescents."

Judge Andrew Becroft
Children's Commissioner
& Principal Youth Court Judge





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Topics that may be included*

- **The implosive emotional decision-making of the teenage years**
The limbic areas of the brain which are thought to regulate emotions and are associated with sensation seeking are turned on around puberty, but the parts for exercising judgement, impulse control and self-regulation for example, are still maturing throughout adolescence
- **Risk taking from a different perspective**
How adults and adolescents perceive risk and why adolescents are more likely to take those risks. We discuss brain 'reward' centres, and the role it has on taking impulsive, crazy, apparently careless actions.

*When asked "Why did you do it?" the common answer is "I don't know"
and the reality is adolescents genuinely often do not know
why they did it, it just felt good!*

- **How decisions are made differently when peers are involved**
- **Why teenagers sleep patterns change**
- **Impact of technology on teenagers**
Discuss the impact of the net, television, social networks pressure and societal compliance has on immature brains
- **Understanding how alcohol and drugs affect the adolescent brain**
Harm from alcohol can be both immediate and long term. It is the very plasticity of the adolescent brain which makes the brain vulnerable to toxic insults such as alcohol and other drugs.
- **Why is it that some teens show resilience and some struggle.**

* You have the option to tailor the content to suit your organisation. 2 hour sessions will not allow the time to include all topics.

Nationwide Educators

Brainwave Trust has knowledgeable and skilled Educators available to provide seminars and workshops throughout Aotearoa* for professionals who care for young children.

Find one near you at www.brainwave.org.nz/educators.

* Educators can be requested to travel (travel costs apply).