

The Mind Explained: The Teenage Brain

- **"For as long as there have been teens, there have been adults bemoaning them..."**
 - **Did this statement surprise you?**
- **When discussing the stereotypes about teens, one teen mentioned "none of them are positive..."**
 - **Can you think of at least one stereotype about teens that might be positive, or a positive counter-stereotype about teens?**
- **"Every adult was once a teenager...but then we grow up...and forget what it was really like."**
 - **What do you most remember about yourself as a teenager? Do you see similarities in your teen?**
- **On grey matter and white matter and the "renovation"**
 - **"The part that develops last is the very front...which happens to be the part that sort of makes us human."**
 - **What was it like to learn this?**
 - **How often do you notice your teen's amygdala taking control?**
 - **The "renovation" of the brain changing from grey matter to white matter stops at around age 25.**
 - **How might learning this help you shift your expectations as your teen learns more adult behaviors?**
 - **How might this new knowledge influence your expectations that your teen be able to control their emotions or think rationally without support?**
- **On dopamine: "any kind of thrill or new experience...may never feel as exciting as it did when you were a teen..."**
 - **How might this information shape your experience of trying to take your teens perspective?**
 - **Does this change anything about the way you see your teen's attraction to novelty and peer connections?**