



The Incredible Adolescent Brain

What teens need to know to thrive through adolescence.

Adolescents have dynamic, open, hungry minds. The only way to learn many of the skills they will need to be strong, healthy adults will be to stretch beyond what they've always known and to experiment with the world and their place in it. The adolescent brain is wired to drive them through this transition, but there will be a few hairpin curves along the way. We can guide them, but we can't 'do adolescence' for them. This is their time for growth and learning, but there is something powerful we can do to help them along the way. We can give them the information they need to light their way forward. The adolescent brain is powerful, creative, and insightful. Teens will learn:

- how the brain changes that happen during adolescence will affect mood, behaviour, friendships, relationships (including with parents), sleep, motivation, self-concept, decision-making and emotions;
- why big feels can feel even bigger during adolescence, and how to make those feelings work for them;
- why teens might feel a distance between them and the adults who care about them;
- why flare-ups and arguments might increase, and how to manage them;
- how to feel stronger in the face of peer pressure;
- how to nurture healthy friendships;
- the adolescent brain and social media;
- why sleep and play are superpowers;
- why there might be a pull towards risky behaviour - and how to make wiser, stronger decisions;
- addiction and the brain - nothing preachy, just the facts and fascinating info about how addiction happens why all teens are vulnerable;
- why anxiety might get in their way, and how to strengthen against it.



About Karen Young

Karen has worked as a psychologist in private practice, and organisational and educational settings. She is now a sought-after speaker, educator, and consultant, both at home in Australia and overseas. Karen is the founder of 'Hey Sigmund', an internationally popular online resource that provides contemporary, research-driven information on anxiety and the neurodevelopment of children. She has written three books, including the bestselling 'Hey Warrior' and 'Hey Awesome', which creatively assist children to understand and manage anxiety.