

# TEEN BRAIN



## TEEN BRAIN : UNDER CONSTRUCTION

The brain matures from back to front, leaving the Prefrontal Cortex for last, which is where **clear thinking, decision making** and **impulse control** come from. The brain is fully matured by early to mid 20's.



5 Years Old

10 Years Old

15 Years Old

20 Years Old

25 Years Old

It has a well developed “accelerator” but only a partially developed ”brake”.

The teen brain is wired to look for new experiences through risk taking and thrill seeking.

## RISK TAKING & THRILL SEEKING ACTIVITIES INCLUDE:

### HEALTHY:

Mentoring, Ballet, Fishing, Acting, Woodworking, Painting, Poetry, Soccer, Wakeboarding, Guitar, Karate, Singing, Archery, Cooking, Inventing, BMX, Surfing, Rafting, Football, Longboarding, Motocross, Skateboarding, Skydiving, Mechanics, Saxophone, Videography, Skiing, Paintball, Rock Climbing...

### BRAIN DAMAGING:

Violence, Truancy, Crime, Alcohol, Marijuana, Cocaine, Heroin, Nicotine, Bullying, Sex, Sexting, Pain Killers, Cough Syrup, Tobacco, Impaired/Distracted Driving, Cutting, Eating Disorders, Meth, Gang Affiliation...

Drugs Change  
Brains

## DOPAMINE LEVELS

Drugs of abuse target the brain's reward center flooding it with **2 to 10 times** the amount of **dopamine** produced by natural rewards like food, music, art, exercise and giving to charity.



- FOOD
- EXERCISE
- COCAINE
- METH

The younger you are when drugs are introduced into your developing brain, the higher the likelihood of addiction.

## INTERESTING BRAIN FACTS



Your **brain knows** when you tickle yourself, which is why you don't bend over laughing.



Reframing negative events in a **positive light** literally rewires your brain and can make you a **happier person**.



You have something in your brain called **mirror neurons** (responsible for **feeling empathy**). If you see someone stub their toe for example, the same pain area will light up in your own brain causing you to flinch.



# KACF

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