



The Remarkable Adolescent Brain

Making sense of the changes that come with adolescence.

During adolescence, the brain goes through remarkable changes to support the transition from childhood to adulthood. These changes will fuel the courage and capacity for our teens to become happy, healthy adults, but they can also be confusing at times. Understanding these changes can help parents strengthen their connection with their teens, increase their influence, and support their teens as they navigate their adventure to adulthood. It will also help make sense of the behaviours and challenges that can be so confusing during adolescence, for both teens and the adults who care about them. We will explore:

- 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;
- how to strengthen your connection and influence with your teen;
- why flare-ups and arguments might increase, and how to manage them;
- how to strengthen adolescents against peer pressure;
- how to help teens nurture healthy friendships;
- the adolescent brain and social media – what teens and parents need to know;
- sleep and the adolescent brain;
- why teens are driven towards risky behaviour, and what parents can do;
- addiction – why all teens are vulnerable, what parents and teens need to know, and the conversation that can strengthen and protect your teen;
- when boundaries are broken – managing challenging behaviour in a way that strengthens your teen, your relationship, and your influence.



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.