

Teen Brain Exercise



Outcomes:

- Understand the changes that occur in the developing brain
- Help you understand how behaviors are explained
- Learn how to reinforce positive choices

Let's Get Started!

Sound On



Teen Brain Exercise

Click the arrow below to advance to the next slide.

The cards contain the following text and graphics:

- You have the controls:** Features a video game controller icon and the text "BAD DECISIONS" and "GOOD DECISIONS".
- Watch out! DOMINANT'S CIVIL TOWN:** Includes a small illustration of a superhero.
- Your brain has help from: EXAMINE THE NEED!** Features a stick figure icon.
- Some help please:** Shows a brain diagram with arrows pointing to different regions.
- See Beyond the Next 10 Minutes:** Includes a group photo of people and the text "TAKE ALL THE TIME YOU NEED!".
- Goal: Survive & Thrive:** Features a brain icon and a list of items.
- Important Stuff:** Includes a document icon and the text "This one decides what's important to you".
- The back of your brain is really busy organizing:** Features a brain icon.
- GOOD CHOICES FEED YOUR BRAIN:** Includes an image of various fruits.
- Do you have a pet? Do you have a new pet? Do you know how to take care of a pet?:** Features a question mark icon.
- Just for fun IMAGINE you already have a pet!:** Features a house icon.
- Let's build your imaginary pet!:** Features a house icon.
- Take it with you everywhere!:** Includes an illustration of a cat.
- Your brain as a 'pet' reminds you to take care of it:** Includes an illustration of a cat.

REALITY TOUR CANDLÉ, Inc.®



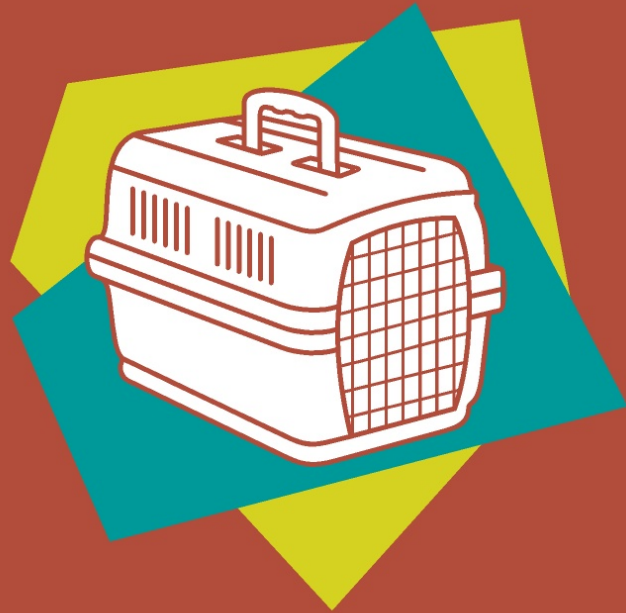
- **Do you have a pet?**
- **Would you like a new pet?**
- **Do you know HOW to take care of a pet?**





Just for fun
IMAGINE
you already have
a pet!

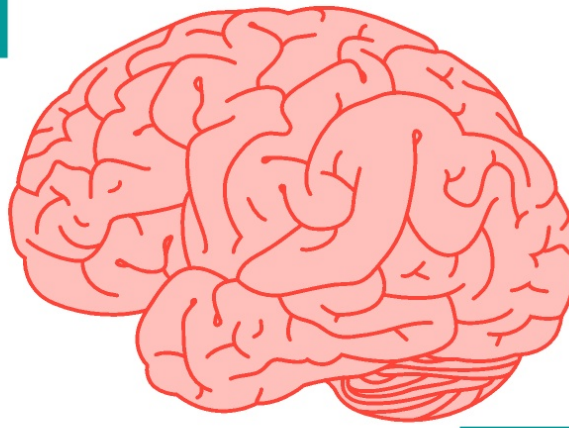




**Let's build your
imaginary pet!**



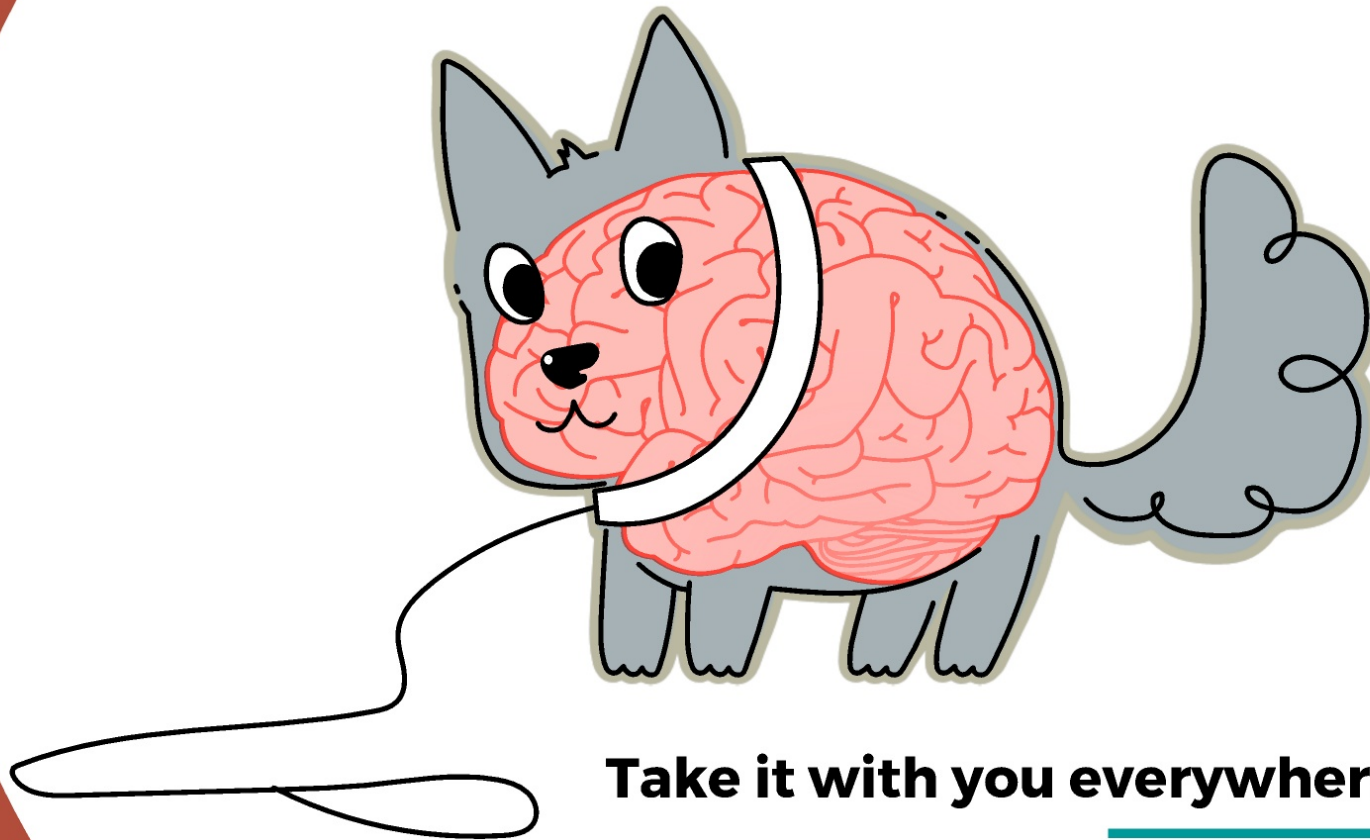
It starts out like
this...



THIS

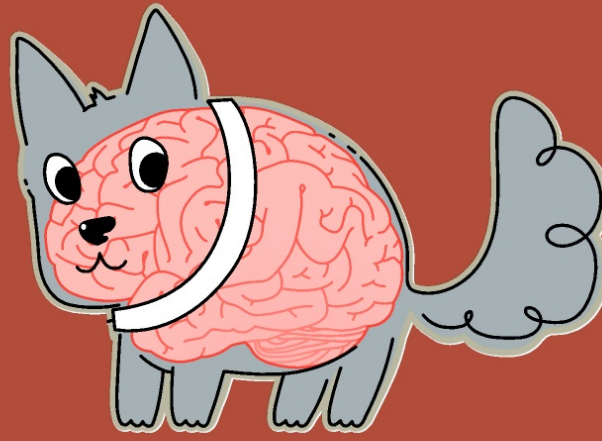
...not very cuddly yet





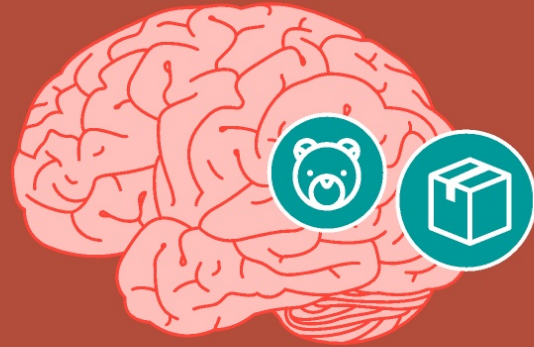
Take it with you everywhere!





**Your brain as a 'pet'
reminds you to take care of it**





CHECK OUT WHAT YOUR BRAIN IS UP TO

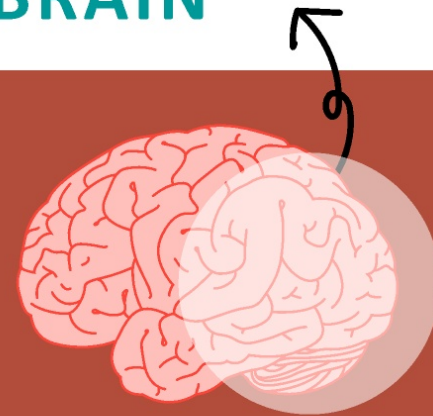
The back of your brain is really busy organizing



It's getting too crowded!



**GOOD CHOICES
TRAIN YOUR
BRAIN**



Important Stuff

- ✓ FRIENDS
- ✓ EXCITEMENT
- ✓ DOING THINGS ON YOUR OWN



**This area decides
what's Important
to you**



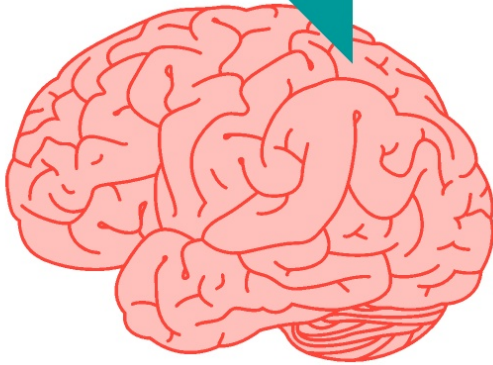
See Beyond the Next 10 Minutes



**TAKE ALL THE
TIME YOU
NEED!**



Life skills are taking
shape back here?



INDEPENDENCE DAY

- Provide for yourself
- Contribute to community
- Express yourself
- Reach your goals
- Get along with others
- Make good decisions

Goal: Survive & Thrive

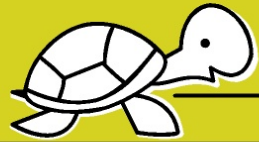


**Some help
please!**



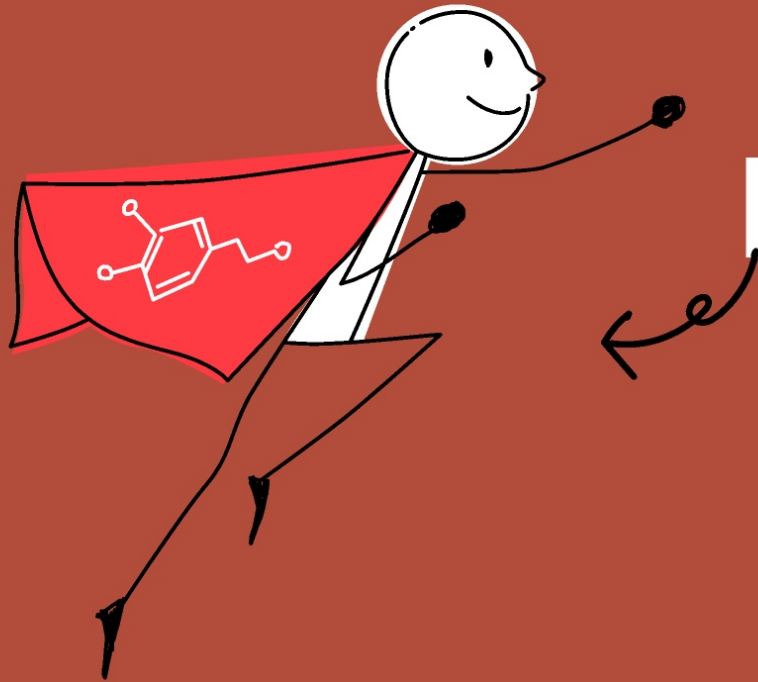
Good decisions will
come...

Good decisions



Eventually.





Your brain has help from

DOPAMINE THE HERO!

Brain chemical dopamine trains the brain

Dopamine **rewards decisions** that support survival

Dopamine makes you feel good!



Watch out!

DOPAMINE'S EVIL TWIN

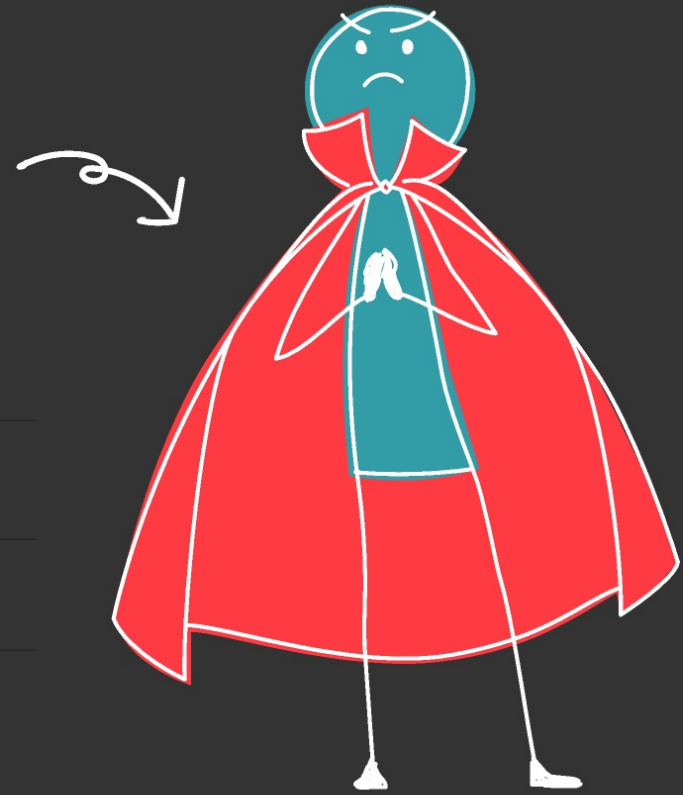
Abusing drugs and alcohol sends a **BIG dopamine SHOUT** to teen brain

Trains the brain that **drugs/alcohol** are needed to survive

Addiction gets control. Brain demands more & more

Soon the brain needs drugs/alcohol just to feel 'normal'

(No worries IF you don't use drugs & alcohol)



You have the controls

