UNDERSTANDING TEEN BRAINS
"Teen brains are still under construction!"

TEENS are a mix of:
- Joy
- Kindness
- Impulsivity
- Stress
- Cruelty
- Risk-taking emotions

Because TEEN BRAINS are UNDER CONSTRUCTION!
They struggle to:
- Show empathy
- Understand consequences
- Pause before acting
- Resolve conflicts
- Be kind

YOU can help teens mature by:
- Focusing on solutions, not discipline
- Being authentic and consistent
- Being a no-judgment zone
- Providing positive feedback
- Talking less, listening more
- Listening and empathizing
- Following up

National Center for School Safety
www.NC2S.org
SchoolSafety@umich.edu

Twitter.com/NC2S_Tweets
Facebook.com/SafeSchoolsUS

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