

1 **surviving or thriving?**

The teenage years

- Dr Hazel Harrison
- Clinical Psychologist
- ThinkAvellana

2 **Plan:**

- Well-being
- The Teenage Brain
- What is 'Adolescence' ?
- Parenting teenagers

3

4 **mental health**

- 50% adult mental health problems start in adolescence
- 1 in 5 young people have a mental health problem
- 68% increase in self-harming

5

6 **Positive Emotion - WHY?**

- Physical health
- Builds relationships
- Optimism and hope
- Broaden and Build Theory - Barbara Fredrickson

7 **Engagement - WHY?**

- Be here now - Matt Killingsworth
- Flow - Mihaly Csikszentmihalyi

8 **Relationships - Why?**

- Positive relationships:
 - build resilience

- predict long term happiness
- Social exclusion hurts

9 **Meaning - WHY?**

- “Belonging to or serving something that is bigger than yourself”
- Martin Seligman

10 **Achievement - WHY?**

- Growth Mindset - Carol Dweck
- Sense of mastery
- Improves self-esteem

11

12 **UNDER CONSTRUCTION**

- Our brain can:
 - adapt to the environment
 - learn from experience
 - change over time

13 **Neuroplasticity - our plastic, elastic brains**

- Austin Naber (10 years old)

14 **the teenage brain**

- Rapid and radical development
- Finished ‘building’ age 24
- Wire from back to front
- Frontal cortex:
 - remember
 - think and reason
 - focus attention
 - make decisions

- relate to others
- self - regulate

15 

16  **myths**

- Raging hormones?
- Just 'grow up' !
- Need independence?

17  **ESSENCE of Adolescence**

- Emotional Spark
- Social Engagement
- Novelty
- Creative Explorations

18  **Emotional Spark**

- Increased emotional intensity
-
- "Nothing will ever feel as good as it did when you were a teenager...or as bad" (Dr Steinberg)
-
- POSITIVE EMOTIONS
-
- Tips for parents:
- Breathe
- Allow the positive ripple
- Stay available

19  **Social Engagement**

- Peer connectedness
- New friendships

- Shift from parents to peers
- Positive friendships can buffer stress
-
- RELATIONSHIPS
-
- Tips for parents
 - Support positive relationships
 - Encourage relationships with shared interests

20 

21 

22  **Novelty**

- Increased drive for reward
- Opportunity to try new things
-
- ENGAGEMENT, MEANING AND ACHIEVEMENT
-
- Tips for parents:
 - Provide space to explore the world
 - Guide them towards safer risks
 - Be available - influence from the inside

23  **Novelty**

- Mistakes
- Let them make mistakes
- Avoid shaming teens for their mistakes
- Consequences that shame will drive secrecy and lying

24  **Novelty - RISK & REWARD**

- Anticipation of reward drives behaviour
- Learning the 'cost' / 'benefit' skill
- Reasoning abilities
- Impulse control 'lives' in the frontal lobes
- Greater effort to avoid reward and inhibit behaviour
- Tips for parents:
- Guide them towards safer risks
- Provide opportunities for exploring risk together
- Remember they WILL take risks and make mistakes



25 **Creative Exploration**

- Abstract reasoning
- 'Out of the box'
- Innovation
- Who am I?
-
- MEANING & ENGAGEMENT
-
- Tips for parents:
- Guide but let them try it their way
- Build freedom on trust
- Listen
- Encourage and support 'purpose'

26 **independence or inter-depedence ?**

27 **teenagers in the 21st Century**

- Increased / different kinds of stress

- 'Always on' culture
- Social media

28 

29 

30  **Sleep Research**

- girls more likely to check social media at night
- 'constantly tired group'
 - social media group
 - no regular wake up time
 - less happy than peers

31 

 **Melatonin**

- blue light inhibits the production of melatonin.

32  **Technology & Social media**

- Screen time boundaries
- FOMO or JOMO?

33 

34  **relationships - HOW?**

- Model empathy - Brene Brown
- Teach emotional intelligence

35  **Superhuman PARENTING**

- "Let them borrow your pre-frontal cortex"
- Find empathy
- Take care of yourself and use your support network
- Don't be a perfect parent
- "Rupture and repair"

- Remember their brains are 'under construction'

36  **help your teenager Thrive**

- PERMA
- Knowledge is power
- Room to Take Risks
- Engage Body and Mind
- Listen
- Sleep

37  **Find out more?**

- ReadingWell - Suffolk Libraries
- <http://reading-well.org.uk>
- www.minded.org.uk

38 



39  **Ways to Connect :**

- Website - www.thinkavellana.com
- Facebook - www.facebook.com/thinkavellana
- Twitter - @thinkavellana
- Blog post for links: www.thinkavellana.com/blog