

Teen Brains

Oh, no. Absolutely not.

OK, I'll admit to being a little impulsive, but who isn't? To stop and think is boring. People don't wait to stop and get gasoline, they would drive.

I would like to think I'm working on not being rebellious, but not being obedient 24/7 is considered rebellious. OK, so I forgot to take the garbage out. My bad.

Everybody is emotional. For example, just read or watch The Fault in Our Stars.

Illogical? Please. Fire Emblem on Hard Mode, anybody? You have to be a genius to do that.

I only seek thrills on roller coasters, which are actually pretty safe.

What kind of research went in to this picture?

Dr. Deborah
Kagan
Todd
neuro-
psychologist

Teen Brains

"A Study of
The Teenage Brain"
by TLC's
Understanding

It Says

I say

"Seldom used connections in your brain will die"

"Teens use their instincts to process info"

"Well used connections in your brain get stronger"

"Parents use their frontal cortex much more, which is the part of the brain responsible for planning and moral judgement."

What things have I lost? I don't know, I must have lost them a long time ago. That scares me quite a bit.

So teens really don't plan or think? Does that give me an excuse to do bad things and blame it on instincts?

Practice makes perfect. That might be why kids start practicing violin and piano at young ages.

Is that why parents determine the rules? Because they "know" what "right" and "wrong" is?

Teen Brains 2

Oh, so maybe I was wrong. Maybe we, as teens, truly are impulsive and don't plan. In fact, Dr. Deborah Xurgelen-Todd states that, "Teens use their instincts to process info." and that, "Parents use their frontal cortex much more, which is the part of the brain responsible for planning and moral judgement." Maybe that's why parents decide on the "rules", because they "know" what "right" and "wrong". If teens go on instinct, then of course they are impulsive and illogical. They aren't thinking. In fact, in ILC Understanding's video "A Study of the Teenage Brain", teens say things like, "I did it because it looked cool." or "You don't know where the night will take you." However, that makes for a good reason to give teens more freedom. If the only way to truly teach a teenager how to do something is to put them in that situation. Here, we can put teens in tough situations and have them think. That is what needs to be done with teens.

Teen Brains 3

It's not just teens that need to grow. We aren't the only ones who learn like us. Beatriz Luna of the University of Pittsburgh says, "When they reach puberty, they're like, 'I'm gonna start checking out how this environment looks without my mom,'" when talking about lab mice. She also states that the mice who explore more live longer. If mice have been proven to be similar to humans, doesn't that make our impulsive nature better. Here is how I see it: if the teens live through exploration, then our race as a whole will be better. If we don't, then the human race will use less resources, letting us live longer. Hee hee.

A psychologist named Eveline Crone studies teenage brains. She states that teens use their ventral striatum a lot more. "This region, known as

the ventral striatum is often referred to as the 'reward center' of the brain. This region can drive us to repeat behaviors that provide a reward. If that's the case, no wonder we do things considered "bad."

If I break the rules, but I have fun, of course I will do it again. If I go out ten times and get in trouble once, I might do it more because I get a good enough reward.

If there is a bad enough punishment, I will stop.

B.J. Casey of Cornell University studies brains as well. He states that "the brain is locked in a tug-of-war between logic and impulse." Teens know how to make the right choice, with knowledge and the ability to explore, teens can learn all sorts of things. Teens don't need limits, they need to explore and learn.

Claim

Because teen brain research shows it's hard for teens to resist rewards, we should have greater rewards for good behavior and greater punishments for bad behavior to show teens what a good choice is and what a bad choice is.

Teen Brains (Final)

People say that teen brains are impulsive and emotional. Teens argue against that all the time. It's a constant war. As much as teens hate it, it's true. But that shouldn't stop teens. Because teen brain research shows that it's hard for teens to resist rewards, teens should receive greater rewards for good behavior and greater punishments for bad behavior so that teens can have a greater understanding of good behavior.