Why Do They Act That Way?

Dot Arida
Alexis Pogonowski
AVID Office
Quickwrite:

On a post-it, jot down a few details about a poor decision or out-of-character move that your child has made.

You will share this story with another person in the room.
Parents wonder if they will survive their child’s journey through puberty,

Teachers wonder how to keep their students focused on learning, and

Adolescents themselves wonder if they are normal.

Yes, these are the wonder years.
ANATOMY OF A TEENAGER'S BRAIN

THE BIRDS AND THE BEES LOBE

MEMORY FOR MUSIC

REBELLION CENTER

SUPER TURBO REBELLION CENTER

SELF IMAGE

FITTING IN GLAND

INTERNET/PHONE ADDICTIONS

EVERY EPISODE OF THE SIMPSONS

INDESTRUCTIBILITY CORTEX

SLAM DOOR REFLEX

CAR KEYS CRAVING

ABILTY TO BE SEEN IN PUBLIC WITH PARENTS

JUDGEMENT GLAND

MEMORY FOR CHORES, HOMEWORK, ETC.

"COOL" GAUGE

PERSONALITY ROLES

PEER PRESSURE RESISTANCE

SLANG DECODER

LOVE FOR PARENTS

SLAM FOR DAD

PARASIS

ALL THE ANSWERS

PRONE TO BUNTING

www.ofthemark.com

MarkParisi@aol.com
“The children now love luxury; they have bad manners, contempt for authority; they show disrespect for elders and love chatter in place of exercise. Children are now tyrants, not the servants of their households. They no longer rise when elders enter the room. They contradict their parents, chatter before company, gobble up dainties at the table, cross their legs, and tyrannize their teachers.”
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Neurons
Prefrontal Cortex
USE IT OR LOSE IT PRINCIPLE

Brains need exercise!

Neurons that fire together wire together.
Blossoming vs Pruning

Blossoming: periods of intense activity and development

Pruning: unfired neurons eventually wither and disappear
Myelination

Myelin, the white fatty substance that covers the main cable of the neuron, encapsulates the axons for protection. It also enables nerve cells to transmit faster and allows for more complex brain function.
So What DOES This Mean?

Adolescents on average are more:

- Impulsive
- Aggressive
- Emotionally volatile
- Likely to take risks
- Vulnerable to peer pressure
- Likely to overlook alternative courses of action
- Prone to focus on & overestimate short-term payoffs and underplay longer-term consequences of what they do
How do we best support (and live with) our teens during this stage?
Form your Team:

- Setting Expectations
- Communication Tips
- Romantic Relationships
- Digital Age
- Sleep and Teens
The One-Pager

Include:

- Title of Reading
- Summary of key points (bullets)
- Quote that stands out
- A related picture
Share Out

✔ AVID Clap
✔ Power Clap
✔ Roller Coaster
✔ Fireworks
✔ Baseball
Until they are fully developed in children, parents and teachers act as “surrogate” frontal lobes for children.
Love your teens and their developing brains: Get our expectations in line

- Accentuate the positive
- Admit when we are wrong
- Tell them we love them
- Establish a connection each day
- Listen
- Keep a sense of humor
What questions do you have?
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David Walsh, PhD