


# The Teenage Brain



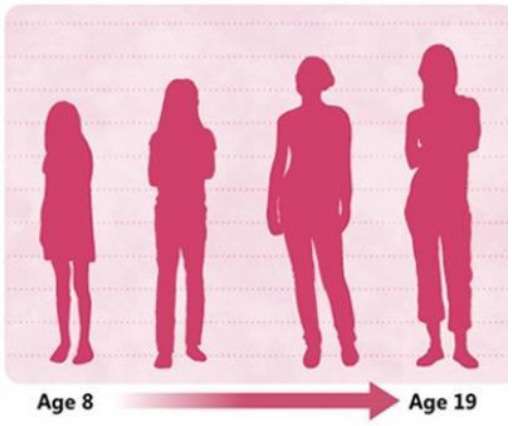
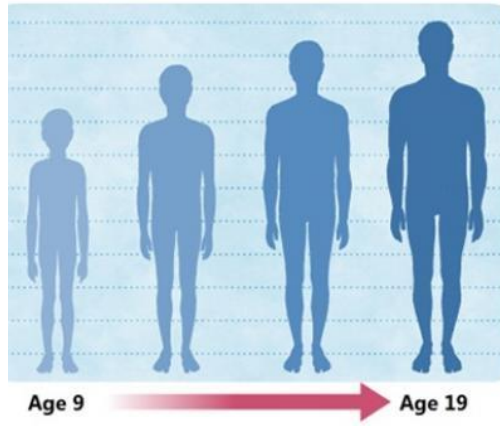
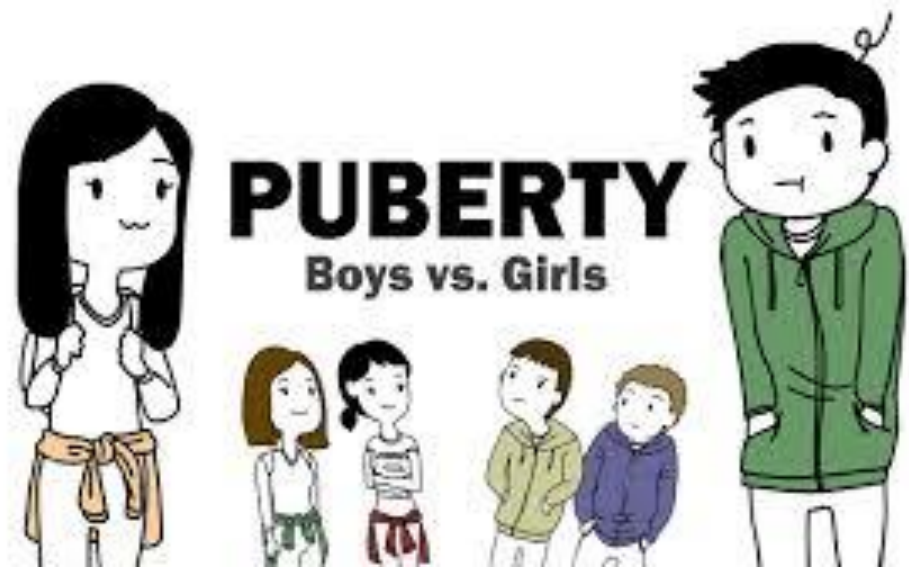


# COMMON WORDS USED TO DESCRIBE TEENAGERS

- Moody
- Emotional
- Rude
- Irrational
- Secretive
- Argumentative
- Angry
- Messy
- Lazy
- Selfish
- Sulky

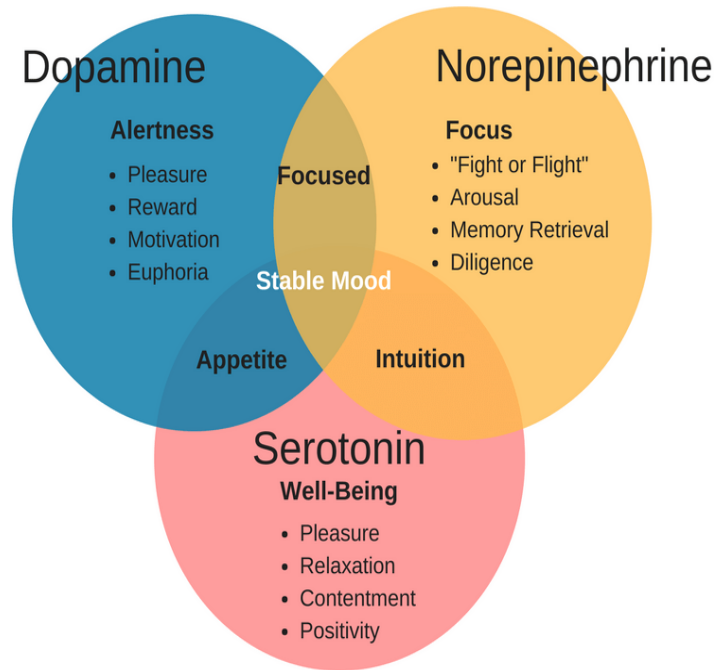
# Synaptic Pruning





# Hormone changes

- Sex Hormones
- Cortisol
- Melatonin
- Dopamine



## THE CHEMICALS THAT MAKE YOU HAPPY

### SEROTONIN

MOOD STABILIZER  
MORE SENSITIVE TO DIET THAN ANY OTHER NEUROTRANSMITTER

### DOPAMINE

THE "REWARD" CHEMICAL  
RELEASED DURING PLEASURABLE SITUATIONS



### OXYTOCIN

THE "LOVE" HORMONE  
RELEASED DURING SEX, CHILDBIRTH AND LACTATION

### ENDORPHIN

WORKS AS A PAIN-KILLER  
RELEASED AFTER EXERCISE

# Evolutionary Survival Mode

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A time for  
growth,  
learning and  
development

MOODY = is a newfound empathy

EMOTIONAL = passionate about something

RUDE = assertiveness and focused

IRRATIONAL = creative thinker

SECRETIVE = becoming independent

ARGUMENTATIVE = free thinking (and articulate)

ANGRY = opinionated

MESSY = messy

LAZY = able to prioritise

SELFISH = determination





**Possibility**