

VIDEO PROMPT: SURVIVING THE TEENAGE BRAIN

1. Scientists are now telling us that when it comes to teenagers, rather than complaining about them we should be _____ them, for it is truly teenagers who make us _____.
2. One common misconception about adolescence is that teenagers are overwhelmingly driven by _____.
3. According to the research a majority of teenagers do not constantly live in a self-conscious, _____, angry, insecure, and/or anxious state. In fact, most do not.
4. According to one Nova Scotia psychiatrist, the brain grows largely outside of the _____, uniquely able to adapt itself to the environment in which it lives.
5. According to the research, it has been established that teenagers have not been with us throughout the whole evolutionary process. In fact, there is now some evidence to suggest that they are a direct result of some spectacular _____ somewhere along the way.
6. It is suggested that from birth to the age of eleven, children are heavily invested in mastering the fundamental skills of walking, talking, and co-ordination, and in consuming vast quantities of _____ about the world around them.
7. It is stated that the Prefrontal Cortex is the specific part of the brain that largely distinguishes us from the chimpanzees----It is the part of the brain where we do our _____.
8. It is stated that it is the Limbic Brain that is emotional and _____.
9. It is stated that it is in the later teenage years where a furious re-wiring project gets underway; where the Prefrontal Cortex develops in such a way that it is now able to bring _____ messages to, and tone down the sudden impulses of the Limbic Brain.
10. According to the research, taking risks, breaking the mould, and questioning authority, are the core characteristics of the _____ mind. With respect to this, it is the teenage years that “have added decades to our life span.” ----Without teenagers, we would be “short lived and stupid!”
11. In the teenage years, research suggests that it is the _____, along with the presence of _____, that seems to make risk so attractive.
12. According to the research, it is stated that no _____ is wasted. From the brain’s point of view, all experience leads to learning.

13. It has now been identified that a small part of the brain, called the _____, is the specific part of the brain that is largely responsible for all types of addiction because it more immediately has the capacity to dramatically increase dopamine levels ---- (Perhaps making addiction a potential hazard of the teenage years).
14. It would appear to be in the teenage years when _____ takes on the life and death importance of a Shakespearian tragedy – (with, of course, both negative and positive consequences).
15. Within the teenage years, it is stated that when it comes to the concept of love, and possible _____ within that dynamic, males are 2.5 times more likely to kill themselves or someone else, (largely as a direct result of dopamine withdrawal).
16. According to the research, within the teenage years, parents are cautioned about moving too quickly toward _____ in dealing with their child’s apparent sadness and/or heart-break, particularly “serotonin boosters” -- - largely because of the profound impact they can have on their child’s dopamine system.
17. According to the research, with very little exception, a little _____ within the teenage years is seen as very good thing, because it is largely through _____ and negative life experiences that we learn to adapt.
18. It is emphasized that few things in the life of a teenager loom larger than having _____.
19. According to the research, everything we know of the teenage brain speaks of the fundamental importance of _____ (adult) involvement in the lives of children.
20. In essence, the current brain research suggests that it is the all-important adolescent years which will ultimately ensure our _____ as a species.

ANSWER BOX:

survival, rejection, anti-depressants, friends, parental, celebrating,
depressed, hormones, human, womb, information, mutations, adaptive, thinking,
rational, impulsive, Dopamine System, behaviour, peers, Nucleus Accumbens,
love, stress
