

# WHAT'S GOING ON IN AN ADOLESCENT'S BRAIN

## Unravelling the adolescent brain

### WHAT IS COVERED?

- ✓ Understand the impulsive emotional decision-making of the teenage years
- ✓ Understand risk-taking behaviour from a different perspective
- ✓ Understand how decisions are made differently when peers are involved
- ✓ Why teenagers' sleep patterns change
- ✓ Impact of technology on teenagers
- ✓ Understand how alcohol and drugs affect the adolescent brain

### WHO SHOULD ATTEND?

Parents and Caregivers

### EVENT DETAILS

**VENUE:** Kelston Girls College School Hall  
Corner Great North Road  
and Archibald Road  
New Lynn

**DATE:** Thursday 1 August  
7 to 9pm starting with  
refreshments from 6.30pm

#### TO REGISTER:

**Email:** [Ashley.mudgway007@cyf.govt.nz](mailto:Ashley.mudgway007@cyf.govt.nz)

**Phone:** 09 9094511

**RSVP:** Thursday 25 July 2013



### WHO IS BRAINWAVE TRUST?

Brainwave Trust is a not-for-profit organization that delivers easy to understand presentations to parents, professionals and the wider community using the latest scientific research on brain development.



*"Anyone working with youth at risk should hear the Brainwave Adolescent seminar. This evidence based information is easy to understand and covers the latest scientific information on brain development and behaviour of adolescents. It may well shape your thinking about how you work with adolescents".*

**Andrew Becroft, Principal Youth Court Judge**

*"It is really powerful to use this presentation to bring people together who are working with youth in a school/region or area. It creates lively discussion and reflection on current practices and can lead to groups working together to find a more effective way of working with youth."*

**Sue Wright, Executive Director, Brainwave Trust**