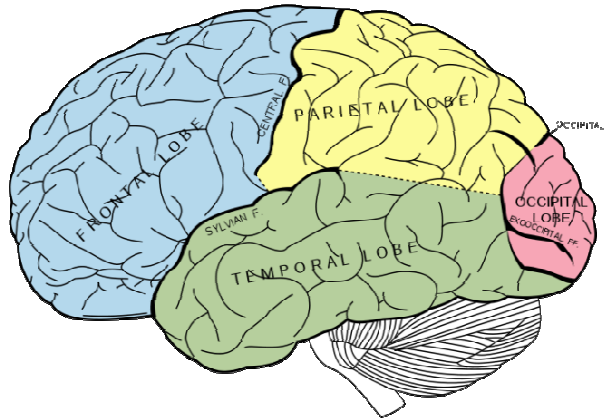


There are lots of assumptions about teenagers.
These include assumptions around how they
behave, react and what choices they make

What is really going on for teenagers??



When we become a teenager the brain
It changes and develops as much as when we
were a baby and a toddler



After this there will be so many
changes going on in our brains

When our brains are 'rewiring' we have like the ones when we were babies. It can take our brain a while to catch up with the changes

That's why teenagers can sometimes seem— we literally don't know where our bodies end!



For example we will reach for a glass based on where we think our arm ends, then realise we have already got to it and knocked it over

As we go through these changes we are starting to get to knowand who we are becoming as a person. We start to try outand new....., a bit like trying on new clothes in a shop to see if they fit and suit



We know that sometimes when we are trying out new things it can be for our parents and carers as they want to keep us safe

As well as going through all the changes in our brain and identity we also have addedfrom outside such as from friends and social media

Sometimes these pressures will make us make choices that you willwith and it will cause arguments and upset



This can be difficult in any family no matter how experienced the parents/carers are

‘Think of it as a type of....., where the green caterpillar of childhood disappears into the dark and secret cocoon of the teenager, finally to emerge as a beautiful adult butterfly’

