

Inside your teenager's scary brain:

1. What was the 'conventional wisdom' about the brain referred to in the article?
2. How has this idea changed in the last 10-15 years?
3. How and why might these new findings change how parents, teachers and society in general treat teenagers?
4. What is the 'myth of three' referred to in the article?
5. What kinds of things are teenage brains incredibly vulnerable to?
6. What kinds of things that teens do can lower IQ and increase susceptibility to mental illness?
7. What kinds of things in a teen's life can raise the risk of mood disorders and learning disabilities?
8. Explain the difference between grey matter and white matter.
9. What is the last area of the brain to be matured?
10. What does it control?
11. How does the process of 'myelination' create a fully developed 'adult' brain?
12. Teens are prone to emotional outbursts, and seek out sad movies and dangerous driving. Why?
13. Why does dopamine make teens more likely to do dangerous things?
14. How is IQ known to be affected during brain development in the teen years?
15. How do smoking cigarettes and marijuana affect the teen brain?
16. What about alcohol?
17. Chronic stress?
18. Excessive video game playing?
19. What advice does Jensen give for parents raising teenagers?
20. What did you think of the article?
21. Do you think it will change your thinking and perhaps some of the choices you make?
22. What would your parents think of this information?