

Inside the Teenage Brain: Why Adolescence Feels So Intense



Mental Health Support Team (MHST) Workshop

OBJECTIVES

- Understand how brain development affects behaviour and decision-making.
- Learn why teenagers may seek risk and independence.
- Gain strategies for improving communication with teens.

TAKEAWAYS

- The teenage brain is still developing self-control and planning skills.
- Peer influence is powerful during adolescence.
- Staying connected, not controlling, supports healthy growth.

April
22nd



12-1:30pm or
7-8:30pm

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