

ADOLESCENCE

BRAINSTORM

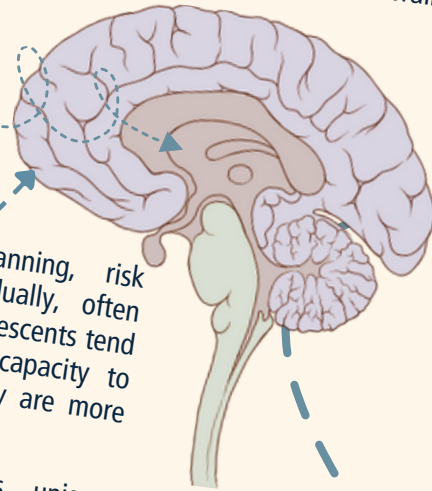


"Adolescents have their own unique personalities, and they can be quite challenging to handle!"

Adolescence, also known as the rebellious phase, is a transitional period from childhood to adulthood. Numerous individuals note that teenagers in this phase are shaping their individuality and values, experiencing heightened emotions, and sometimes resisting parental guidance. Research has now shown that all these behaviors are closely tied to the brain's transformation during adolescence.

In fact, a teen's brain is still in the process of development, with different regions maturing at varying rates. During adolescence, the "limbic system" – the area of the brain responsible for processing emotions – becomes more active, leading to increased emotional intensity and sensitivity to others' opinions.

The "prefrontal cortex", responsible for planning, risk assessment, and impulse control, matures gradually, often continuing into a person's twenties. As a result, adolescents tend to seek excitement and pleasure. Yet, as their capacity to evaluate risk and situations is still developing, they are more prone to engaging in risky and reckless behaviors.



Despite that, this unique phase makes teenagers more motivated to learn, more creative, and more courageous in exploring new experiences and building connections. These qualities are valuable assets as teens transition to adulthood!



By understanding adolescent brain development, parents can shift from being overly critical, constantly questioning and enforcing strict rules to practicing active listening and providing suitable guidance that fosters learning and growth. This adaptation may help teens navigate this stage more smoothly.