



P.R.O.M. FOR PARENTS / CAREGIVERS

PRACTICAL. RESEARCHED. ORGANIC. MATERIALS & METHODS.
a multifaceted series on adolescent brain development

Do you sometimes feel like an adult chaperone in your adolescent's life? Do you feel like you have to be the guardian angel who is also the banker, the dietician, and the medical technician?

The **P.R.O.M. series is for any parent or adult who cares for adolescents.** The **goal** is to help you understand this mysterious species we call the "American teenager." The **information** is based on the hottest topics in the field of adolescent brain development and human development. The **method** is through interactive workshops that provide activities you may want to try at home.

TOPICS

- Let's Get This Party Started!
Basics of early brain development including effects of trauma, neglect, and stress.
- Who Is That Gorgeous Brain In The Mirror?
Basics of adolescent brain development including effect of stress and history of abuse.
- Should I Go or Not Go? With or Without a Twist of Risk
Cognitive development in adolescence and how they think. Additional information on the brain's reward system, dopamine and healthy risks.
- Dancing with my Ipad - Everybody's Doing It!
Peer pressure, adolescent culture, global networking, and the developing technological brain.
- Who Spiked the Punch?!?
Effects of alcohol and other drugs on the developing adolescent brain.
- Don't Laugh at the Way They Dance
Empathy, social consciousness and moral development.
- Party Crashers
Hormones, puberty, neurotransmitters and working with the moody adolescent brain.
- Keep on Dancing!
Motivation, using their strengths, and finding their passions.

SAMPLE FULL DAY EVENT

Morning Session

- Let's Get This Party Started! (60 minutes)
- Who Is That Gorgeous Brain In The Mirror? (90 minutes)
- Party Crashers (60 minutes)

Afternoon Session

- Should I Go or Not Go? With or Without a Twist of RISK (90 minutes)

THEN CHOOSE ONE THE FOLLOWING TOPICS FOR THE LAST 90 MINUTES:

- Who Spiked the Punch?!?
- Don't Laugh at the Way They Dance
- Dancing with my Ipad - Everybody's Doing It!



for a more exciting presentation

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