



P.R.O.M. FOR YOUTH

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

P.R.O.M. is for YOU to LEARN about YOUR BEAUTIFUL ADOLESCENT BRAIN.

There is a lot going on for you right now and being you is not always easy. You may even question if you are ever going to make it through your teen years. You may be wishing to become an adult RIGHT NOW, but DON'T rush it.

Besides your body needing time to grow, your BRAIN needs time to develop. With age and through your experiences, you are changing and shaping your brain. What you DO really does matter. Whether it's smoking, drinking and skipping school to exercising, reading and eating healthy food, all of this can affect your brain.

But it doesn't have to be all gloom and doom. During your adolescent development, you have the chance to become that strong, unique individual who can take the world by storm and succeed at anything you try!

The **goal** is to help you understand what is going on in your head, literally. The **information** is based on the hottest topics in the field of adolescent brain development and teen culture. The **method** is a fun, interactive workshop that will make you laugh. The **commitment** is only 2-3 hours.

TOPICS

- What's Up With That? [*Basics of early and adolescent brain development*]
- His / Hers / Ours [*Gender similarities and differences in the brain*]
- Everybody's Doing It [*Relationships and peer pressure*]
- Who You Are and Who You Want To Be [*Development of Self Identity*]

A full day event is also available. Additional topics can be added or substituted, for example: (a) the effects of alcohol and drugs on the developing adolescent brain; (b) the impact of hormones and puberty; and (c) the impact of technology on the brain.

**Let's chat about how your student organization can make a day of it and raise some money!
It could be a fun fundraiser!**



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Who Is REVOY?

After being in foster care for 2 months right after she was born, MaryAdele Revoy was adopted by a loving family that lived in Waukesha, WI. She became the only daughter and youngest child in a family with two sons.

Making her own small cracks in the "glass ceiling," REVOY became the first altar girl in her catholic grade school and the first female usher at the movie theater where she worked during high school.

But it wasn't all funny robes and free popcorn, REVOY made a few other statements. She was "grunge" before there was "grunge." She hung out with skateboarders when it wasn't an official sport. She skipped school to go to Madison only to have her car break down. And she enjoyed dying her hair, shaving her head and wearing pajamas to school that she bought at Goodwill.