

Dating Violence and the Developing Adolescent Brain [Parent Seminar]

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Summary

An educational seminar for parents and caregivers on the basics of adolescent brain development and the dynamics of teen dating violence. Parents will receive information that may help them understand and relate to their developing adolescents. Topics will include: early brain development, basics of adolescent brain development, changes during puberty, thinking areas still developing, the power of emotions, adolescents interest in risky behaviors & passion, the dynamics of dating violence and how to talk to daughters and sons about healthy dating relationships. Participants will receive a packet of handouts and worksheets that they can share with their children and a opportunity to buy a CD with more resources. Information will also be provided on a workshop for youth that can be hosted at their local high school.

- I. The Beautiful Adolescent Brain
 - A. Basic Brain Parts
 - B. Prefrontal Cortex
 - C. Gender Differences
- II. Starting at the Beginning - Baby Brain Basics
 - A. Perry Model
 - 1. Trauma
 - 2. Neglect
 - B. Critical Windows of Development
 - C. Brain Plasticity
 - D. Attachment
 - 1. Secure attachment
 - 2. Insecure attachment
 - E. Three Psychological Hungers
 - 1. Stimulation
 - 2. Recognition
 - a. Relatedness
 - b. Autonomy
 - c. Competence
 - 3. Structure
- III. Basics of Adolescent Brain Development
 - A. Puberty
 - B. Three Stages of Development
 - C. Immaturity Gap
 - D. Thinking Areas Still Developing
 - 1. Three regions of the Prefrontal Cortex
 - 2. Differences in Childhood, Adolescent & Adult Thinking
 - 3. Social Cognition
 - E. Risk & Reward Circuit in the Brain
 - 1. Rise of Dopamine
 - 2. Adolescent Passion
 - 3. Egocentrism

- IV. Dynamics of Adolescent Dating Violence
 - A. Power & Control
 - 1. Recognizing Abusive behavior
 - B. Equality in relationships
- V. Talking with your Daughters & Sons
 - A. Prevention
 - B. As a possible victim
 - C. As a possible aggressor
 - D. Becoming a Super Dater
 - 1. Being assertive and not aggressive
 - 2. Setting boundaries
 - 3. Identifying rights and responsibilities