

BRAIN WAVES Loving Your Brain and How You Date [Youth Workshop]

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Summary

A fun and educational workshop for teenagers on the basics of adolescent brain development and the dynamics of teen dating violence. Participants will learn how their brain is developing through the teen years and how they can make it a healthy process. The youth will also look at their current dating practices or how they would like to date when they start dating. Participants will have a chance to identify healthy boundaries, ways to become assertive instead of aggressive, and discuss the rights and responsibilities they have in a dating relationship. A jeopardy style game, DATER, will facilitate what they have learned. Finally, participants will receive a packet of handouts and worksheets that they can share with their friends.

- I. Your Beautiful Adolescent Brain
 - A. Basic Brain Parts
 - B. Prefrontal Cortex
 - C. Gender Differences
- II. Starting at the Beginning - Baby Brain Basics
 - A. Critical Windows of Development
 - B. Brain Plasticity
 - C. Three Psychological Hungers
 1. Stimulation
 2. Recognition
 - a. Relatedness; Autonomy; 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. Status of Adolescent Dating Violence
 - A. WI State Statues
 - B. Statistics
 - A. Who do you know?
- V. Dynamics of Adolescent Dating Violence
 - A. Power & Control
 1. Characteristics related to adolescent brain development
 2. Recognizing Abusive behavior
 - B. Equality in relationships