

EF "Houses"

- ✦ Working memory
- ✦ Inhibitory control
- ✦ Cognitive Flexibility

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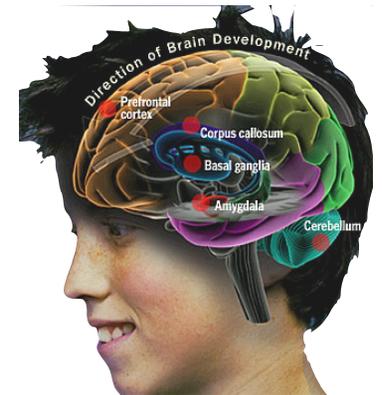
The Prefrontal Cortex



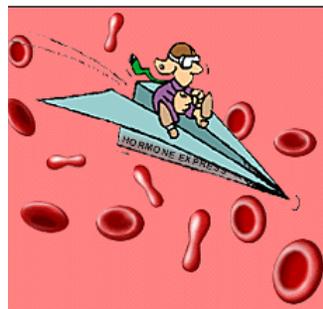
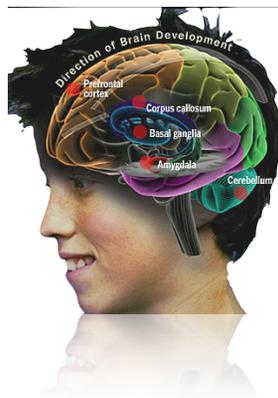
BRAIN UNDER CONSTRUCTION

When the PFC is under construction

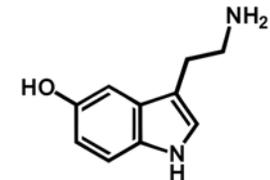
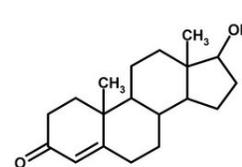
- Impulse control
- Risk taking / thrill seeking
- Disorganization/ Distracted
- Highly responsive to positive feedback
- Hunger for new experiences
- Primed for learning



Acceleration Centers



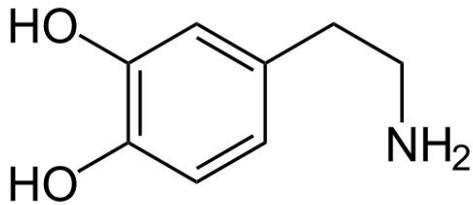
Emotional accelerators:



Testosterone

Serotonin

Reward Drive: Thrill Seeking and "Hyper-rationality"

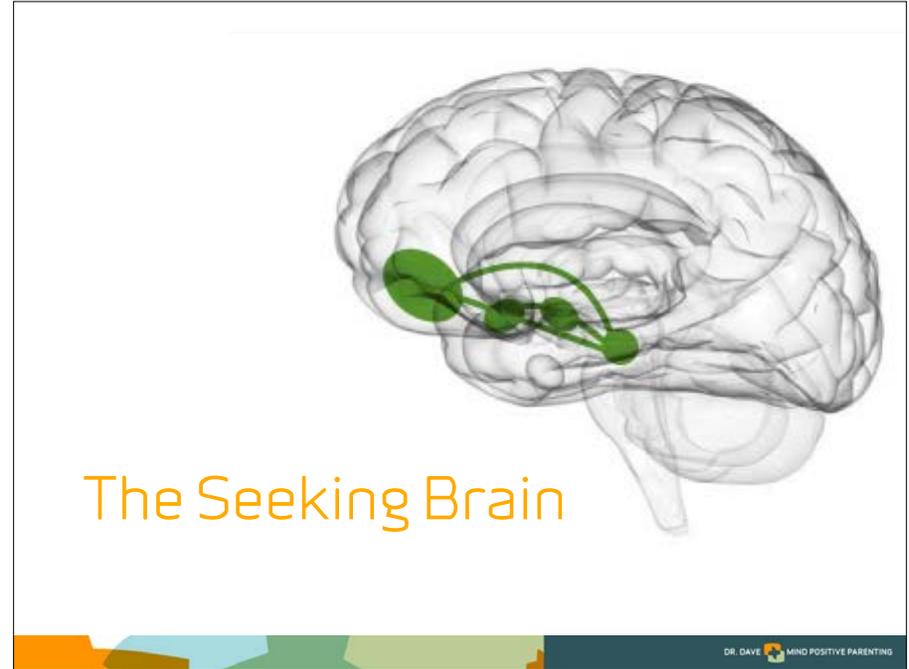


Sources of Dopamine

- + Thrills and adventures
- + Drugs, alcohol, food, etc...
- + Peers
- + Technology
- + Leadership
- + Purpose/meaning

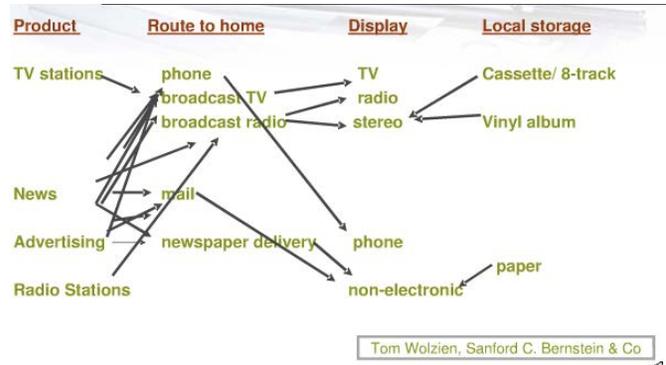
+ Oversensitive to damage

+ Undersensitive to warning signs



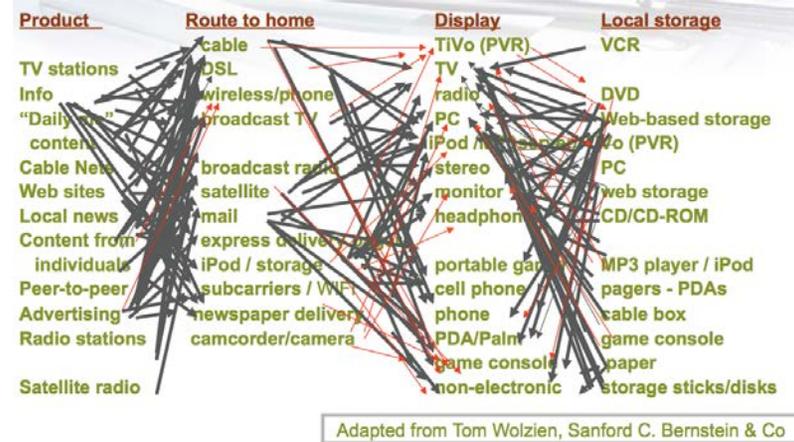
The Seeking Brain

Media Ecology Then

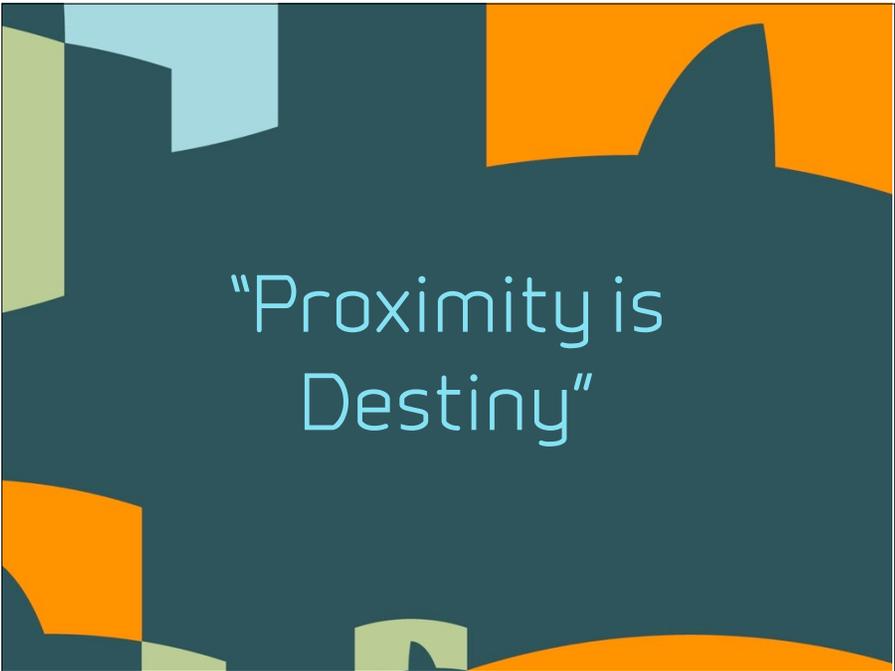


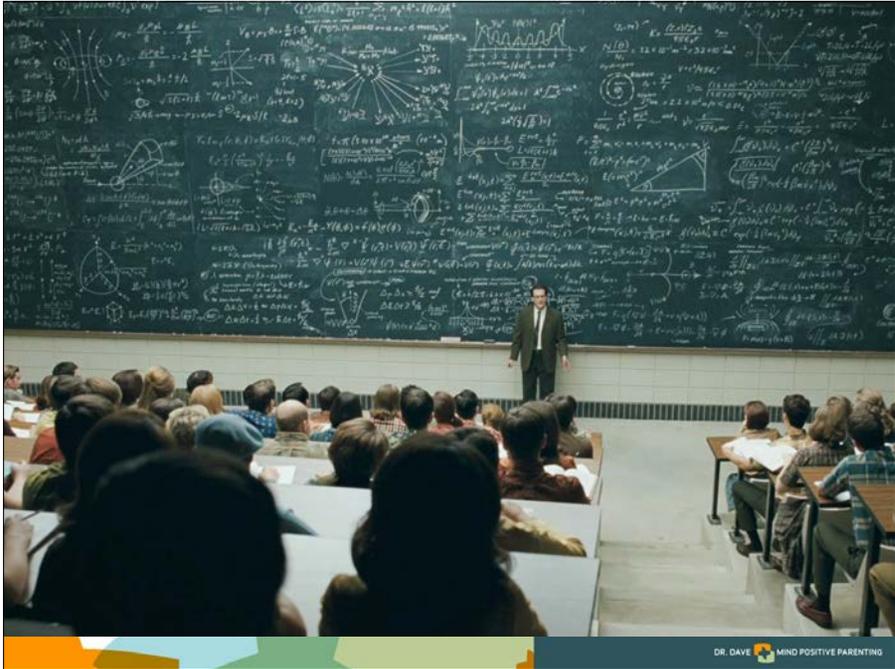
* Borrowed from Lee Rainie, Pew Internet and American Life, "The Rise of the Networked Individual"

Media Ecology Now



* Borrowed from Lee Rainie, Pew Internet and American Life, "The Rise of the Networked Individual"



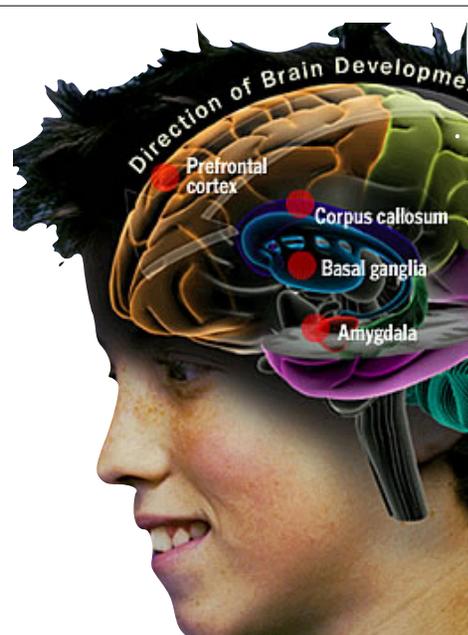


“Whatever the brain does a lot of is what the brain gets good at.”

It has little to do with “smarts.”

“Adolescents are not problems to be solved, but resources to be developed.”

- Karen Pittman



“Executive Coaching”

➤ POLICIES AND LAWS

- Policies and laws do help (example: GDL programs work)

➤ PARENTS MATTER

- Engage parents, communities, and schools
- Emphasize driving behaviors (not just trips) and modeling

➤ YOUTH VOICE

- Peer norms are incredibly powerful forces in the lives of adolescents.
- Involve young people in campaigns, actions, and norm setting.

Parents can help address GOALS AND CONTEXT:

- + Drinking and driving
- + Night driving
- + Limit passengers
- + Monitor sleep
- + Write down rules of the road

- Harvard Medical School

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Youth Engagement

A screenshot of a YouTube video player. The video title is "Teen Safe Driving Contest 2015" by the "Writing Team". The video has 61 views. The video content shows a car accident. To the right of the video player is a list of "Up next" videos, including "Driving while distracted-Death", "Texting and Driving PSA", "PSA Distracted Driving", "It Can Wait - Texting and Driving PSA", "TeenDrive365 video challenge:distracted driving", and "TeenDrive365 Video Challenge: Unheard Warnings".

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Is everyone doing it?

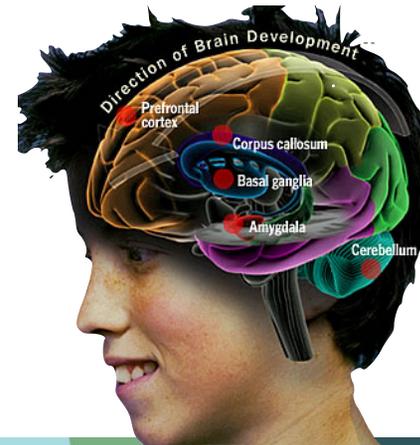
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Peer-to-Peer Opportunities



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Meta-Cognition



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Components of Intervention:

- ✦ Give choices and autonomy within structure.
- ✦ Talk about coping strategies. Talk about **WHAT TO DO** not just what not to do.
- ✦ Talk about consequences NOW then future context.
- ✦ **Rewards** are especially powerful for adolescents.

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www.drдавewalsh.com

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Working with kids, parents, families and teachers for over 35 years, Dr. Dave's unique blend of brain science made easy, stories and practical advice makes him a best-selling author and sought after speaker. Mind Positive Parenting brings Dr. Dave's wisdom and a team of dynamic professionals together to answer your questions, keep you up-to-date with the latest research and provide you with the resources you need to raise healthy, successful, and thriving kids.

ASK DOCTOR DAVE

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MIND POSITIVE SPEAKERS

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