

- 1. Prefrontal cortex - developed all the way by 24/25-
 - Helps relate to others
 - Control emotions
 - Respond instead of React
 - Rational thoughts

↑
↑
↑
↑
↑

artificial light
From phones at
keeps you up at
night

- 2. Circadian rhythm - body alarm
Wake up → cortisol ↑ (Light)

Sleep → Melatonin ↓ (produced at 1 AM in teens)
(dark)

- 3. Brain (CNS) - COMPLEX

Synaptic pruning - cut away connections (synapses) you barely use
⇒ math 4x4
⇒ instrument

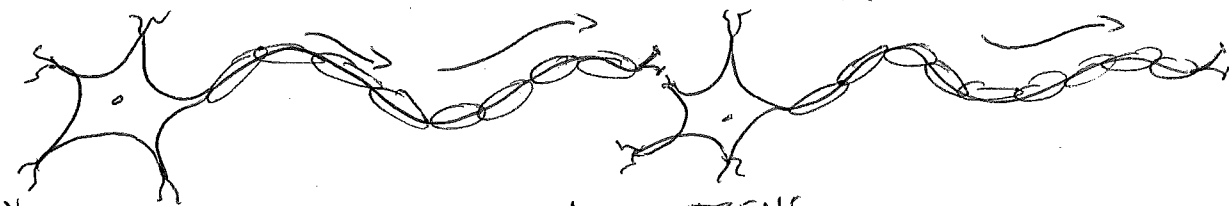
BRAIN grows through
- practice
- challenging self
- playing w/ toys

- * 4. Amygdala - developed ~~in~~ IN TEENS
 - 1st Reaction
 - emotional reaction
 - impulsive

Big Amygdala = more aggressive

- 5. Neurons

in teens myelin sheath is thin
over time it gets thicker



↓
increases
signal
speed

- * 6. Nucleus Accumbens - developed IN TEENS
 - Reward center
 - Pleasure
 - active in teens
 - easy to get addicted

addicted
Hormones
ex:

- 7. Sex hormones

- changes to body
 - hair
 - sweat
 - pimples
- increase sexual desire

Androgens
Apoins
Testosterone
Estrogen

Hormone
monsters
are
Real