

Understanding Adolescence – Resources suggested by Nicola Morgan

[Blame My Brain](#) and [The Teenage Guide to Stress](#) cover most of these areas, and are written directly to and for teenagers, though are popular with adults, too.

SLEEP - See separate hand-out

EMOTION

- Tests for matching emotion to expression: autismresearchcentre.com/arc_tests (Scroll down to “Eyes tests”)
- SJ Blakemore’s research, including re social embarrassment: sites.google.com/site/blakemorelab/recent_publications
- See also Blakemore’s book *The Learning Brain*

RISK-TAKING

- Take longer to decide if risky: Abigail Baird news scientist.com/article/dn6738
- Greater sensitivity to reward/risk: sciencedaily.com/releases/2004/10/041030131905.htm
- Re emotion and risk-taking – “The Adolescent Brain” ncbi.nlm.nih.gov/pmc/articles/PMC2475802/
- Teenagers take more risks but it’s not that they *can’t* foresee consequences: sciencedaily.com/releases/2010/03/100324211144.htm
- Teenage decisions are often not decisions but impulsive: Meg Gerrard sciencedaily.com/releases/2007/05/070531093830.htm
- “... in the presence of peers, the brain’s reward regions light up more than ...” onlinelibrary.wiley.com/doi/10.1111/j.14677687.2010.01035.x/abstract
sciencedaily.com/releases/2011/01/110128113428.htm

ALCOHOL/DRUGS

- Dangers for teens: nytimes.com/2006/07/04/health/04teen.html?pagewanted=all&_r=0 and: npr.org/templates/story/story.php?storyId=122765890
- See [Talk to Frank](#) website

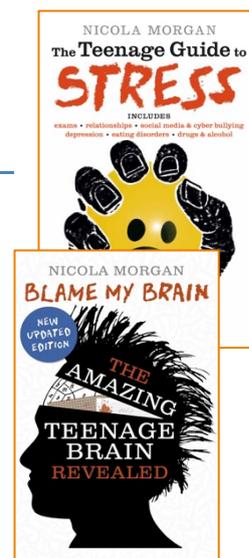
SOCIAL BEHAVIOUR/SELF/PEER PRESSURE

- Fascinating talk by Sarah-J Blakemore on her research into adolescent sense of self, awareness, embarrassment and peer influence: http://edge.org/conversation/sarah_jayne_blakemore

EATING DISORDERS

- Fantastic set of resources (including a book) from Eva Musby: www.evamusby.co.uk

Contd over...



SEXUAL/RELATIONSHIP HEALTH

- Sexual violence reported by young girls: huffingtonpost.co.uk/2015/02/12/two-in-five-teenage-girls-sexual-violence-partners_n_6669356.html
- Boys and porn – good advice here: familylives.org.uk/advice/teenagers/sex/porn/

GENERAL

- Interesting article from Nature, "How does the teenage brain work?"
faculty.vassar.edu/abbaird/about/press/articles/Nature2006.pdf
- Useful docs from S-Jayne Blakemore, esp: "Decision-making in the adolescent brain"
sites.google.com/site/blakemorelab/recent_publications
- "Childhood stimulation key to brain development, study finds"
guardian.co.uk/science/2012/oct/14/childhood-stimulation-key-brain-development
- Why parents may not matter as much as peers:
scientificamerican.com/article.cfm?id=parents-peers-children
- Resilience – good starting point here, and resources: psychologytoday.com/basics/resilience
- Dangers of trigger warnings and mollycoddling:
theatlantic.com/magazine/archive/2015/09/the-coddling-of-the-american-mind/399356/?utm_source=SFFB

NOT SPECIFICALLY ABOUT ADOLESCENCE but relevant for those working with young people:

- [FLOURISH: A new understanding of happiness and wellbeing](#) by Martin Seligman – see especially his explanation of PERMA and how to apply it in schools. And see Seligman's AuthenticHappiness.org website.
- [Action for Happiness](#) website. LOTS of simple ideas, many brilliant for teenagers.
- [QUIET: The power of introverts in a world that won't stop talking](#) by Susan Cain: book + site.
- [Dreamland – Adventures in the Strange Science of Sleep](#) by David K Randall – contains a chapter on teenagers and fascinating info about sleep and learning.
- [THRIVE](#) – by Richard Layard and David M Clark.
- [THE ORGANIZED MIND](#) by Daniel Levitin – science of digital distraction and how to manage it.
- [DRIVE](#) by Daniel Pink – on motivation, + referencing [Carol Dweck's mindset](#) work
- [HOW WE LEARN](#) by Benedict Carey
- [TEACHING HAPPINESS AND WELLBEING IN SCHOOLS](#) by Ian Morris (Wellington College)

My [website](#) has resources, as does my free Brain Sane newsletter, with many topics of interest to adults who care for teenagers. I've created [BRAIN STICKS](#) - extensive multimedia classroom resources to boost learning and mental wellbeing. The licence allows schools to load all materials onto all computers in school and print without limit, forever.



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