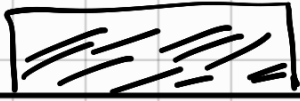


* MCH (Activit(4)) → videos on L6

* The Adolescent Brain



0-3



9-14

↳ the brain goes through another rapid phase of changes

(2nd window of opportunity for brain development).

Early Adolescence

9 it is a crucial period for brain development 14

↳ many challenges begin to emerge.

Alcohol, Smoking, risky behaviour and unsafe sex.

↳ but it also the time opportunities to set the adolescents on a positive path.

↳ like: Physical activity, education, friendship and healthy nutrition.

* In Puberty there will be hormonal changes and the brain is forming better and faster connection with other systems.

↳ This is called structural remodeling and neural re-configuration.

↳ Improving Cognitive Skills (مهارات تفكير) and emotional control.

↳ making decisions, solving problems and understanding consequences

At the same time the adolescent brain goes through a period of greater sensitivity to social evaluation and emotional reactions.

increased sensation seeking, exploration of identity and social relations.

* Early Adolescence brings on experiences →

① Acquisition of skills ② formation of social networks.

↳ that will have impacts for the child's future.