



2016 Open Day

**Supporting Your Child
To Early Adulthood**



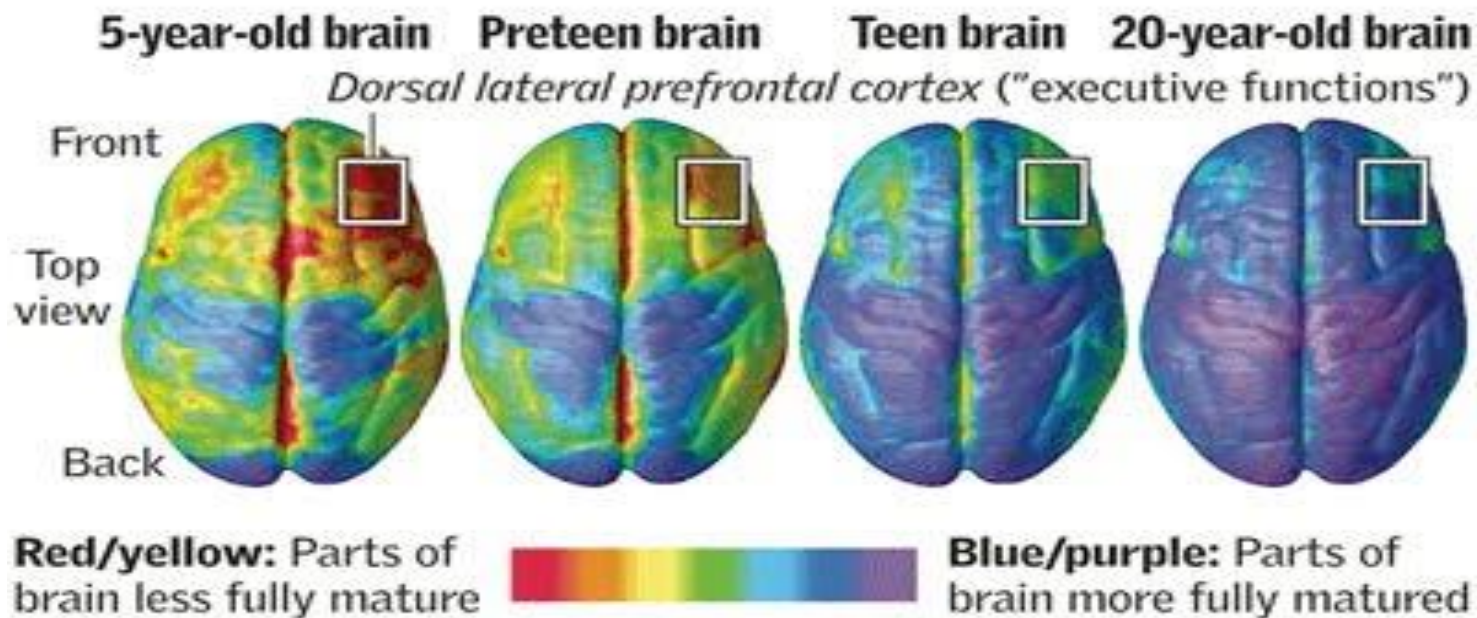
Mitch Kennedy

Dean of Students – Year 11/12

The Teenage Brain

Judgment last to develop

The area of the brain that controls “executive functions” — including weighing long-term consequences and controlling impulses — is among the last to fully mature. Brain development from childhood to adulthood:



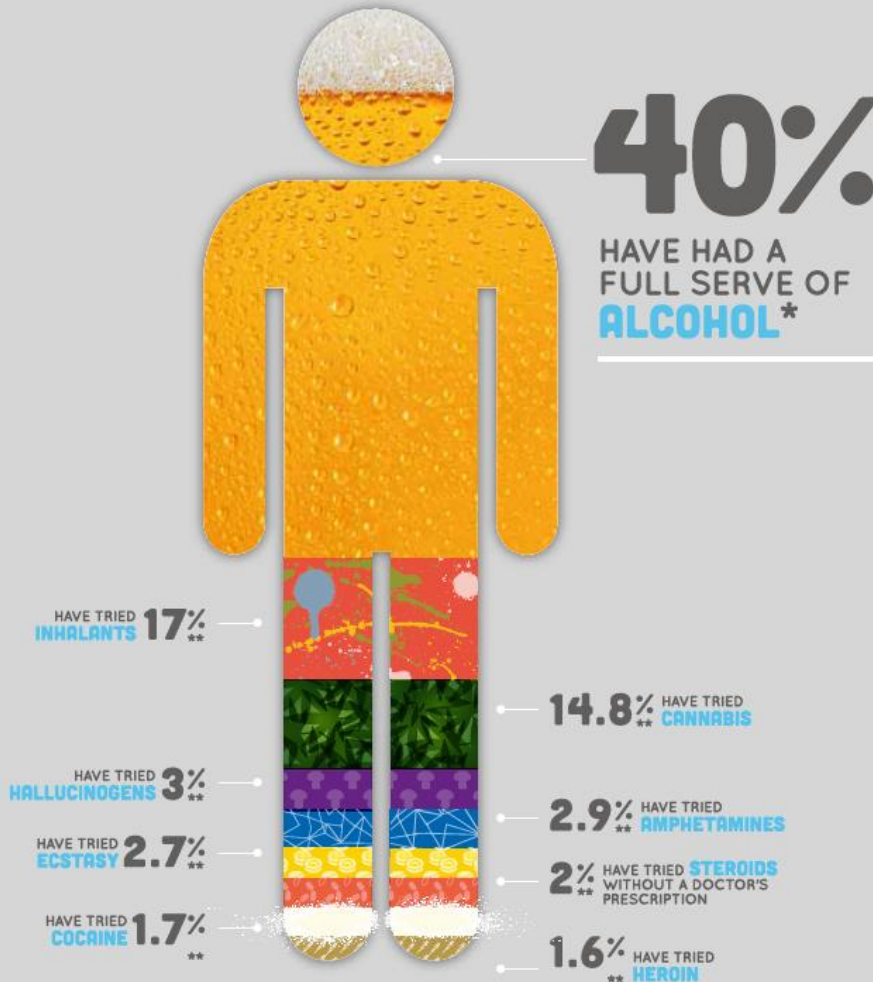
Sources: National Institute of Mental Health;
Paul Thompson, Ph.D., UCLA Laboratory of
Neuro Imaging

Thomas McKay | The Denver Post



Usage- Alcohol and Drugs

**WHAT
12-17
YEAR OLDS
ARE REALLY
USING**



SHORT TERM

Alcohol contributes to the 3 major causes of teen death: injury, homicide & suicide.

Young people are more likely to drink to excess and take risks than adults. ...

LONG TERM

Alcohol (and other drugs) can damage the developing brain.

This affects memory, learning & problem solving. And can cause mental health problems. ...

Alcohol and Drugs

The short term

Young people when intoxicated are more likely to indulge in risky behaviour such as:

- Drink driving
- Unsafe or unwanted sex
- Verbal or physical abuse

Ref: DrugInfo clearing house 2002

On average more than 500 young Australians between the ages of 14-17 die each year due to alcohol related injuries. Road injuries was the number 1 cause of these deaths.

Alcohol and Drugs

The long term:

Alcohol and drug exposure during adolescence not only has an immediate impact on brain function, it also may lead to consequences for various brain functions that last into adulthood

Alcohol affects a teen brain differently from an adult brain.

- The brain's hippocampus (responsible for learning and memory) can be **10% smaller** in underage drinkers.
- It can actually cause serious damage to the still-developing adolescent brain (10-21 years).

What can we do?

- Be good role models - one of the key influencers in a young person's life is their parent or carer.
- Talk to your teenager about alcohol and drugs and the potential consequences of using them.
- Set Rules and boundaries.
- Praise a responsible attitude.



Alcohol and Drugs from the school's perspective

Alcohol or drugs at PBC
=
ZERO Tolerance