2016 Open Day

Supporting Your Child To Early Adulthood
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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:

5-year-old brain  Preteen brain  Teen brain  20-year-old brain

Dorsal lateral prefrontal cortex ("executive functions")

Red/yellow: Parts of brain less fully mature

Blue/purple: Parts of brain more fully mature

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

40% HAVE HAD A FULL SERVE OF ALCOHOL*

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.

HAVE TRIED INHALANTS 17%
HAVE TRIED HALLUCINOGENS 3%
HAVE TRIED ECSTASY 2.7%
HAVE TRIED COCAINE 1.7%

14.8% HAVE TRIED CANNABIS
2.9% HAVE TRIED AMPHETAMINES
2% HAVE TRIED STEROIDS WITHOUT A DOCTOR’S PRESCRIPTION
1.6% HAVE TRIED HEROIN
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