

The background image shows three silhouetted figures standing on the peak of a large, dark rock. They are facing away from the camera, with their arms raised in a gesture of triumph or celebration. The sky behind them is a vibrant mix of orange, pink, and blue, suggesting a sunset or sunrise. The overall mood is one of achievement and positivity.

Why Do They Do That?

Positive Communications & The Teen Brain

Kate McCauley
David Balick
Arlington's All In Conference
12 March 2016

The Old and The New

- Jean Piaget
- Erik Erikson
- Dan Siegel
- Frances Jensen

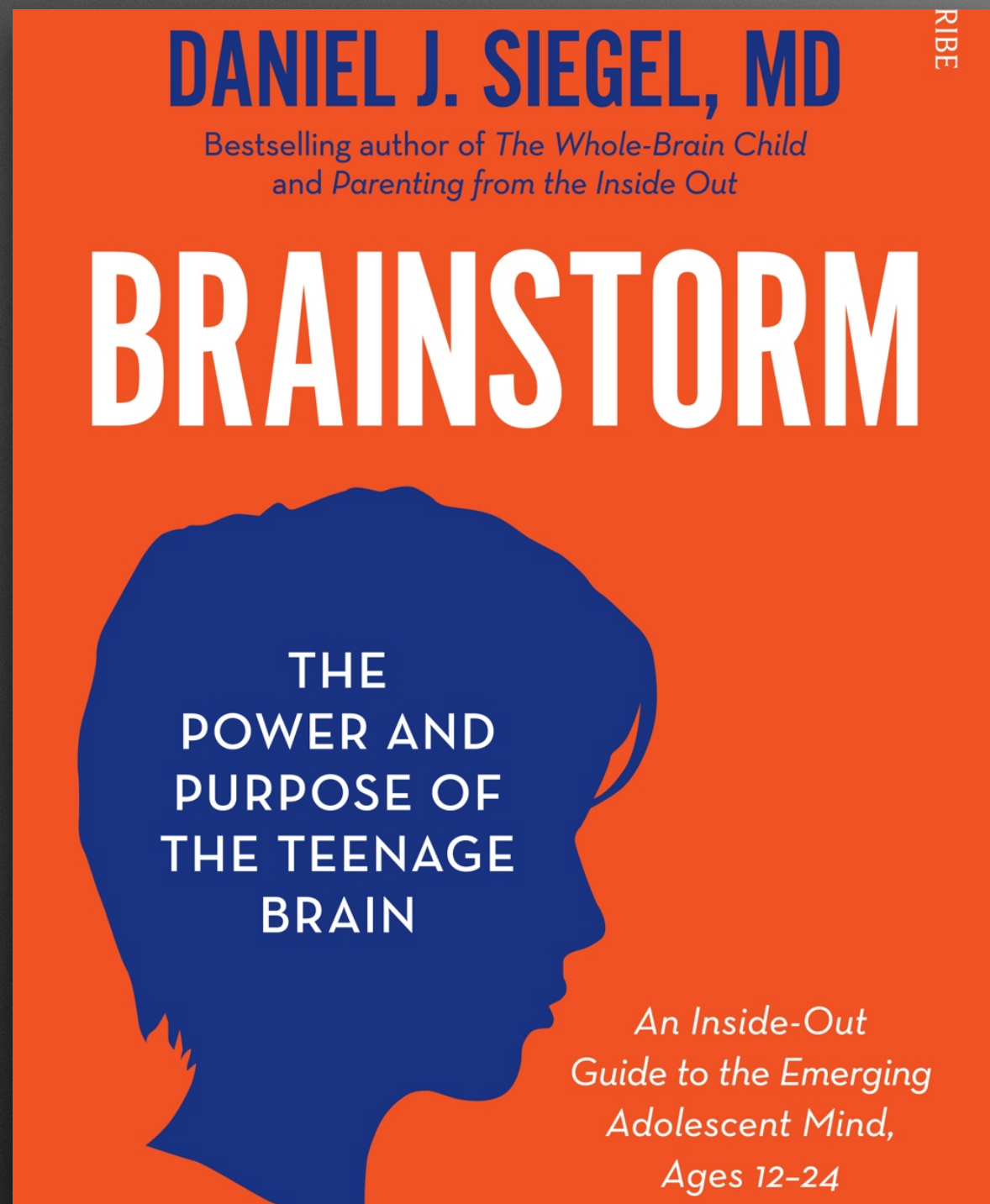


Jean Piaget

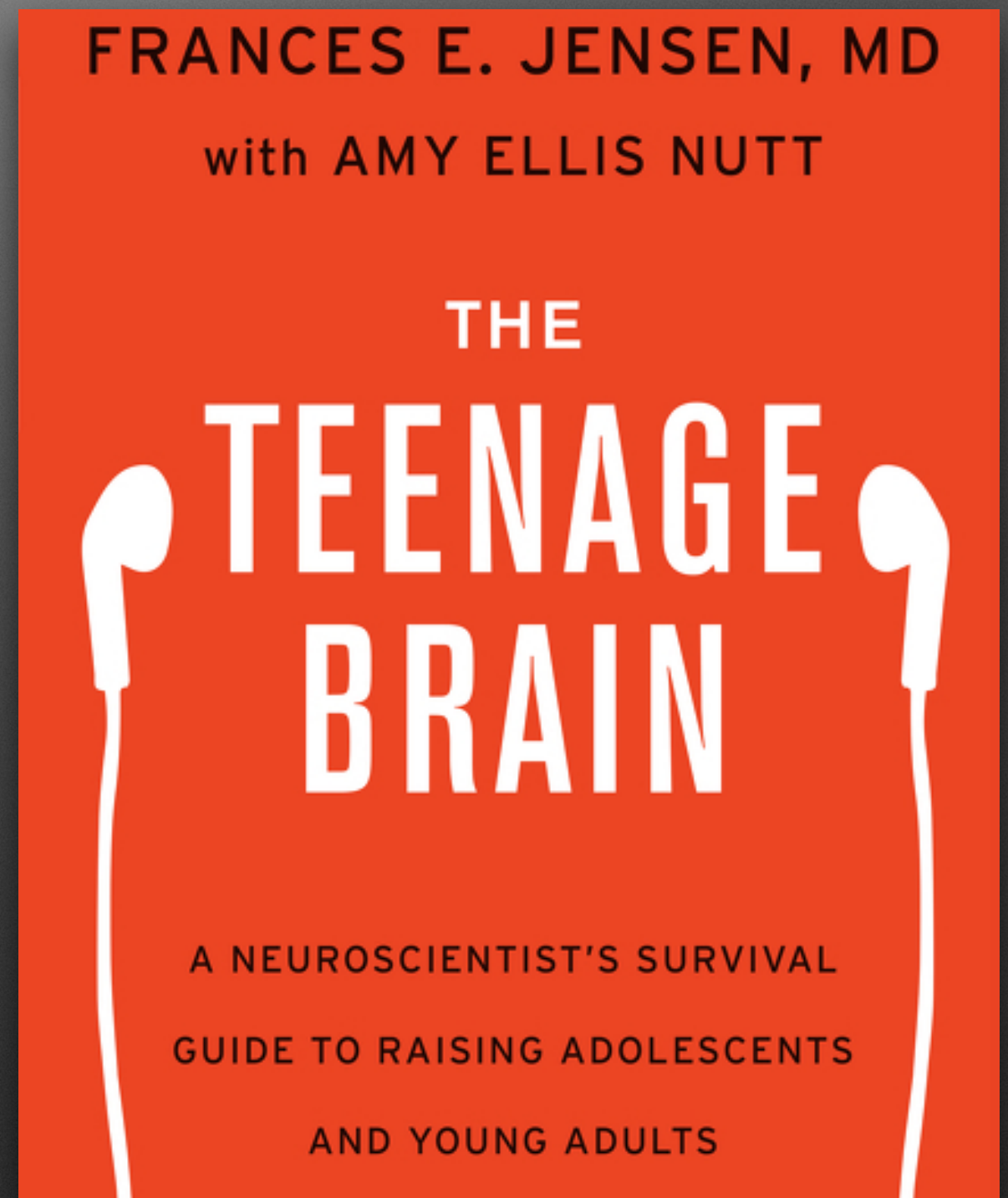


Joan & Eric Ericson

Dan Siegel



Frances Jensen



Four Teen Tasks



▶ to stand out

▶ to fit in

▶ to measure up

▶ to take hold

Five Questions

Who am I?

What's My Role in the World?

Am I Normal?

Am I Lovable?

Am I Competent?

Benefits & Challenges

ESSENCE of Adolescence

Dan Siegel

E-motional S-park

S-ocial E-ngagement

N-ovelty

C-reative

E-xploration



Novelty Seeking



Social Engagement



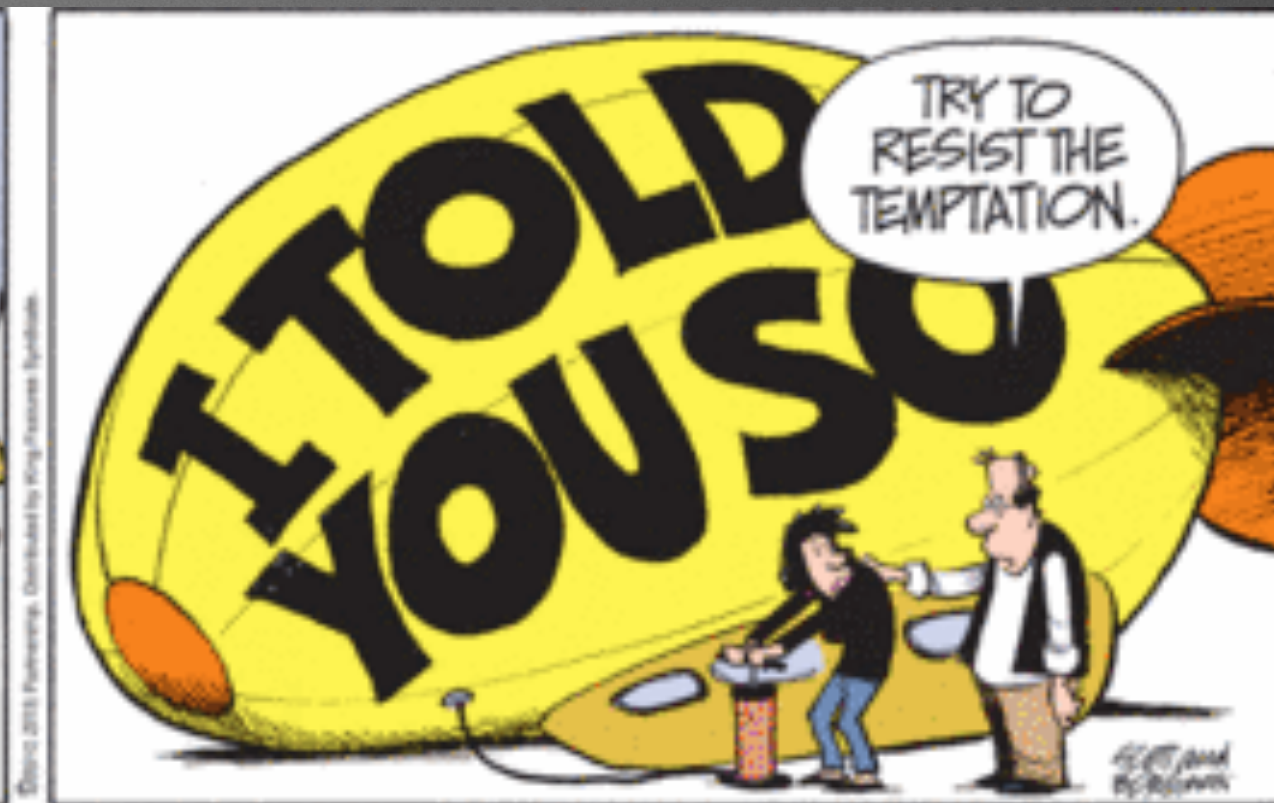
**Emotional Spark/
Intensity**



Creative Exploration

Brain Neuroplasticity





Peaceful Communications

Make Time

Listen Without Judgment

Acknowledge Feelings

Praise with Positive Encouragement

Support with Boundaries and Expectations

Translating Teen

- *You Don't Trust Me*
- *You're Embarrassing Me*
- *None of the other parents do that*
- *Whatever*
- *I don't care*
- *My teacher hates me*
- *I hate you*

What teens will never
be able to answer

What were you thinking?



Questions?



www.CenterForParentsAndTeens.com

www.APCYF.org

Arlington's READY Coalition

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