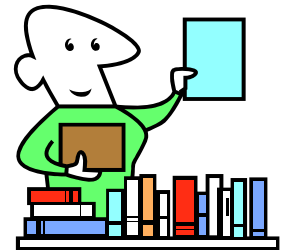


Navigating the Turbulent Waters of Adolescence

Strategies with Adolescents - * Be Sensitive to Developmental Issues *

1. Be **patient** – Remember all the remodeling
2. Provide **experiences** that will ‘grow’ positive, constructive connections
3. Beware of dopamine surges!
 - a. Important for movement
 - b. Alertness
 - c. Pleasure
 - d. High levels provoke risky behavior
4. **Risk taking** is important for identity development
5. Encourage safe ‘risky intellectual behavior’ in the classroom
 - a. Encourage students to ‘roam intellectually’
 - b. Encourage students to take risks socially/emotionally
6. **RECOGNIZE THE CHANGES!**
 - a. Adjust your expectations
 - b. Present ONE request at a time
 - c. Give your students and yourself a break!
7. Help adolescents **interpret** facial expressions
8. Provide **structure AND choices**
9. Be cognizant of adolescents’ perceived **stress** (teach/model constructive coping strategies)
10. **Encourage students to make mistakes and learn from them** (gender difference)
11. Encourage and allow students to think and ask questions **NOT** on the test
12. Create your classroom into a **safe space**
 - a. Establish clear expectations for attitudes and behaviors
 - b. BE CONSISTENT with consequences
 - c. Consider student responsibilities
13. **STAY CONNECTED!**
 - a. Establish trust early on
 - b. Develop classroom ‘rituals’ and traditions
 - c. Monitor use of criticism, cynicism as well as other ‘isms’ 😊



- d. Communicate respect to students in your room (Look like, sound like)
- e. Amygdalas respond quickly and emotionally—Don't get caught in the trap!
- f. Never make personal attacks

14. Diffuse anger, don't escalate the heat

15. Remember the **BRAIN IS WIRED FOR CHANGE!**

16. PROVIDE THE GUIDANCE – “We are their surrogate PFC!”

*An assortment of information from *The Primal Teen* (by Barbara Strauch) and *Why Do They Act that Way?* (by David Walsh)

Encourage writing