Teen Years: Truth Telling and Myth Busting

Fill in the gaps with the words from the box:

savour	weed out	malleable	fret	nag	slack

Teenagers can't remember future tasks. - True

Teenagers have poor prospective memories which means they are not very good at holding things in their heads to remember to do later. When you **1)**_____**nag** them, it really does go in one ear and out the other. **Cut them some 2)**_____ and teach how to use props like timetables, planners and checklists which can help them get more organised.

Teenage brains are wired to take risks – True

Teenage brains are extremely **3)**_____ and thanks to what they can undergo a major rewiring to increase transmission speed and **4)**_____ unnecessary connections. The brain regions associated with planning and decision-making (located in the frontal lobes) are finished last, which means the part of the brain used to weigh up risks and make balanced decisions is not fully functioning in teenagers. Teens need parents to act as their risk assessing pre-frontal lobes while their own are still developing.

Teenagers are worse at making friends than adults. - False

Think all teens do is mope in their room listening to goth music wishing someone would give them a call? On the contrary, recent studies suggest that your teen is less lonely than you were as a kid. Research in the *Personality and Social Psychology Bulletin* about teens' attitudes and activities found that loneliness has declined steadily from 1978 to 2009. Kids are also less likely to join clubs and make close friends, but that doesn't **5)**_____ them. They **6)**_____ their independence, and that has its admirable qualities.

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