

### Latest News

- We have new Staff! Support Mentors Tracy who started on 3<sup>rd</sup> July, Kerry who started on 21<sup>st</sup> August and Leigh-Hanna who started on 29<sup>th</sup> August
- 1 Elmira Road has re-opened after the building work, Hooray!!!
- Ginna is opening a new business venture, The Yew Tree at Tirley on the banks of the River Severn. Once converted, TSL will be offering therapeutic day services there.

**Do you ever wonder “What am I doing here?.....”**

**This is ‘Supported Living’ and our sole aim is to prepare you for independent living so that you can manage your own life and home outside of the Care System. Did you know.....?**

Adolescents have dynamic, open, hungry minds. They are creative, brave and curious. It has to be this way. The only way to learn many of the skills they will need to be strong, healthy adults will be to stretch beyond what they’ve always known and to experiment with the world and their place in it.



The adolescent brain is wired to drive them through this transition, but there will be a few hairpin curves along the way. Skilful drivers are not born from straight roads.

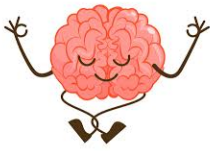
**There will be good days, great days and dreadful days. Some days will be crazy bad**

Adolescence is something they have to do on their own. We can guide them, but we can’t do it for them. This is their time for growth and learning, but there is something powerful we can do to help them along the way. We can give them the information they need to light their way forward.

You’re transitioning into adulthood.



There’s no hurry to do this – you’ll have plenty of time. Your adult brain won’t be fully developed until you’re about 24. In the meantime, it’s your time to learn, experience and experiment with the world and your place in it.

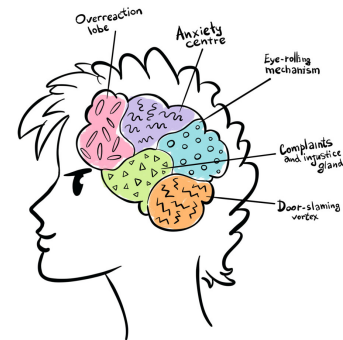


**Teenage brain development: the basics** - Children's brains have a massive growth spurt when they're very young. By the time you're 6, your brain is already about 90-95% of adult size. The early years are a critical time for brain development, but the brain still needs a lot of remodelling before it can function as an adult brain.

This **brain remodelling happens intensively during adolescence**, continuing until you're in your mid-20s. Brain change depends on age, experience and hormonal changes in [puberty](#).

**Inside the teenage brain** - - Adolescence is a time of significant growth and development inside the teenage brain. The main change is that unused connections in the thinking and processing part of your child's brain (called the grey matter) are '**pruned**' away. At the same time, other connections are strengthened. This is the brain's way of becoming more efficient, based on the 'use it or lose it' principle. This pruning process **begins in the back of the brain**. The front part of the brain, the prefrontal cortex, is remodelled last. The **prefrontal cortex** is the decision-making part of the brain, responsible for your child's ability to plan and think about the consequences of actions, solve problems and control impulses. Changes in this part of the brain continue into early adulthood.

Because the prefrontal cortex is still developing, teenagers might rely on a part of the brain called the **amygdala** to make decisions and solve problems more than adults do. The amygdala is associated with emotions, impulses, aggression and instinctive behaviour.



**Risky behaviour: why pre-teens and teenagers do it.**

It's natural for teenagers to want new experiences. This is because teenagers need to explore their own limits and abilities, as well as the boundaries. Some young people really love the 'rush' of thrills, risks and adventure. And most teenagers want to express strong personal values and a sense of

themselves as individuals.

It's all part of their path to [accepting responsibility, forming identities and becoming independent young adults](#).

Also, teenagers are sometimes more likely than adults to make quick decisions without thinking through the consequences. This is because the parts of the [teenage brain that handle planning and impulse control don't completely mature until about age 25](#).

Teenagers might understand risk differently from adults too. This means they don't see any real danger in what they're doing.

And sometimes teenagers do potentially risky things to feel a sense of belonging to a group. They want to perform, impress, show off or do what they think is 'normal' for their group.