

# Mind our teens

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# Teens alcohol and drugs

Experimentation with alcohol and drugs during adolescence is common.

Teenagers often don't see the link between their actions today and the consequences tomorrow.

Starting age - thirteen

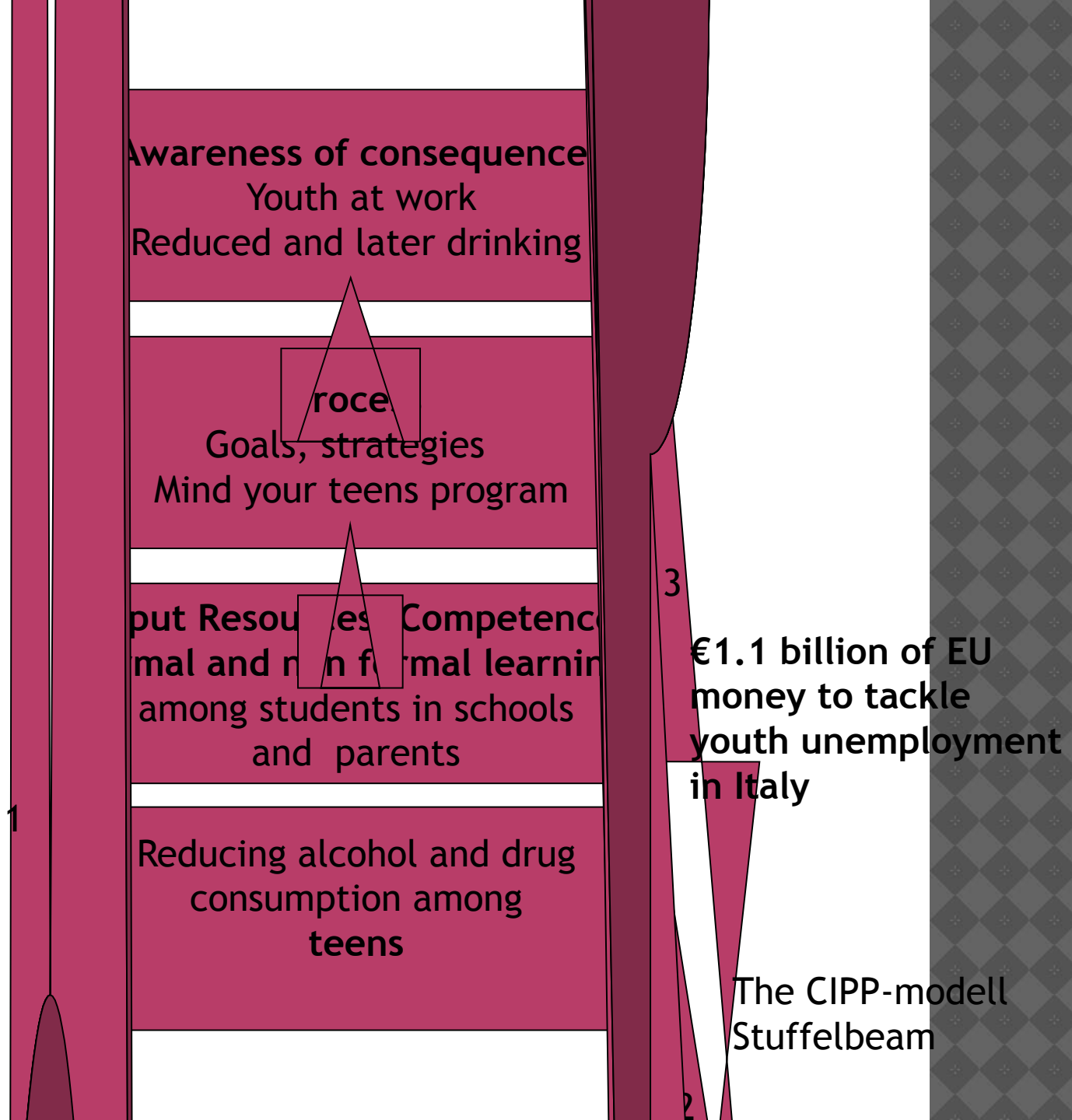
50-60% of nine graders have tasted alcohol

What are the reasons behind using alcohol and drugs?

# Why drinking and taking drugs

- 媿 Stress relief
- 媿 To forget or escape problems
- 媿 Being a rebel and a risk-taker
- 媿 Relief of boredom/wanting to have fun
- 媿 Escaping difficult decisions
- 媿 A feeling of being special
- 媿 Being part of a significant group of people
- 媿 Being addicted

The Process of  
Leading by  
learning in a  
Late modern  
Mind-set



# Adolescence

## a time of great changes

- a new identity has to be found,
- major decisions have to be made and great responsibilities have to be taken on.
- friends start replacing family as a social support mechanism as teens move towards greater individuality,
- I need you to be me.
- acceptance in this group is very important - and if taking drugs will make this acceptance happen, .

# Between childhood and adulthood

媿 agony mixed

媿 with ecstasy,

媿 a time of feeling  
awkward and  
insecure, one  
moment

媿 and fabulous the  
next.

## Professor Åke Pålshammar at Uppsala University compared the teenage brain to a car with

- *"a powerful engine, but with dangerously weak brakes and steering systems.*
- *The rational thinking seems to reach adult maturity at about age 16,*
- *the psychosocial maturity, such as impulse control, future orientation, and the ability to be independent does not seem to be achieved until the age of 25".*

# Astra Zeneca

## Mind your teens

- a film series about the teenage brain

Understand how the teenage brain works on the basis of five themes:

1. Sleep 2. Friends & family 3. The kick - about reward 4. Emotions 5. Learning

AstraZeneca  
Young Health Programme





The film series *Mind Your Teens*, explains research on the teenage brain using an accessible, popular-science approach.

Attract interest in how the teenage brain works.

The idea is that the film series should be used in science education in secondary and senior schools.

The film series should also be accessible to parents, other adults who interact with teenagers, and teenagers themselves.

# Sources

嬌 [http://  
www.nlm.nih.gov/medlineplus/ency/article/002003.htm](http://www.nlm.nih.gov/medlineplus/ency/article/002003.htm)

嬌 <https://vimeo.com/groups/mindyourteens>