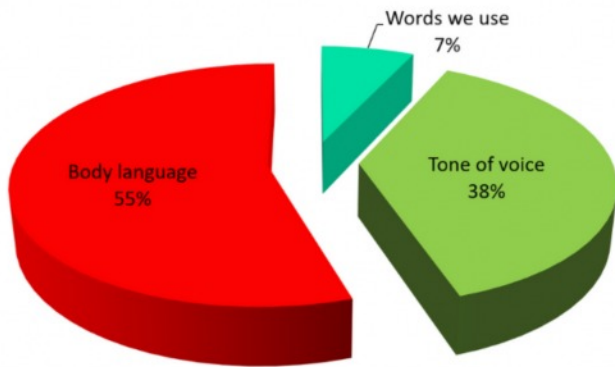


All Behaviour is Communication

Module 1 Summary

How do we communicate?



What is special about the teenage brain?

1. The bridge between the left and right hemispheres matures.
2. Grey matter increases just before puberty.
3. There is a 17% reduction in this grey matter during puberty. (Pruning)
4. The pruning process can result in teenagers experiencing uncertainty and confusion.

Psycho-Social Development The Tasks of Adolescence

- Establishing an Identity
- Establishing Autonomy
- Establishing Intimacy
- Becoming comfortable with sexuality
- Achievement



Emotional Recognition



- Recognition of emotions in ourselves and others develops as we mature.
- Emotions such as surprise and fear can be difficult for many young people to interpret.
- Compared to adults, teenagers are more likely to be influenced by their own emotions when recognising emotions in others.