



Brain development (also called brain maturation) starts well before puberty begins, lasts *much* longer, and is governed by a completely different set of forces within the body. It takes nearly 30 years for a brain to fully mature, so when puberty first starts, it's less than half-way there. Unlike puberty, brain development happens in a very specific order, which is why tweens and teens experience predictable imbalances that translate into classically questionable decision-making. Yes, it's hard (but not impossible!) for them to make consistently smart, consequential, “adult” choices. Understanding how the brain matures can help them hack their brains, behave less impulsively, and choose the better option.

Learning Objectives for Brain Development + Decision Making Lesson

- Understand brain development and myelination
- Learn about limbic system dominance during puberty
- Develop strategies for good decision making