

THE YOUNG ADULT BRAIN

B P S

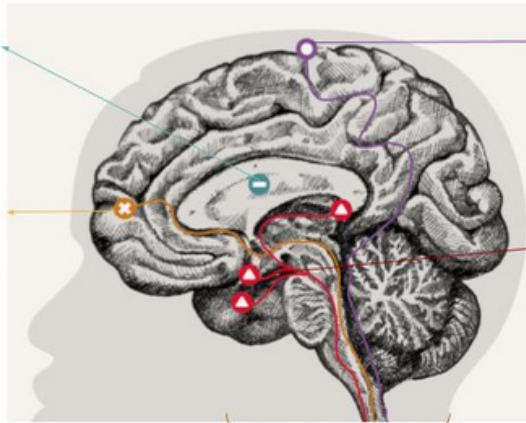
Corpus callosum: Connecting right and left hemisphere

Prefrontal cortex:

Abstract thinking, regulating emotions, focusing attention and impulse control – and so is key to thinking about the future, problem-solving and decision making.

Developing a sense of identity - misinterpret facial expressions and social cues

Struggle to adopt other points of view



Synaptic pruning: getting rid of connections that are no longer used

Faster, better and more specialised thinking skills

Part of limbic system:

Emotions, emotional responses and reward circuit, hormone system (very sensitive to oxytocin)

Need more sleep, stay up late, wake up late, irritable, don't concentrate, more impulsive

Influenced by peers

Prone to risk taking

Emotional roller-coaster

Impulsive - decisions influenced by emotions and reward. Also vulnerable to addiction

Source: DGMT, The Human Factor Issue 3, 2020

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“Adolescents must deal with a huge amount of social, emotional and cognitive flux, all whilst having underdeveloped abilities to cope. They need their parents/caregivers — those people with the more stable adult brain — to help them by staying calm, listening and being good role models.

Thinking about the young adult brain...

- *Describe WHY your young person behaves the way they do (using information from the boxes in the image above)*
- *Describe HOW we can support this young person to develop into a healthy adult*
- *Prepare a conversation on how you would welcome a young person into the BPS programme*





This image shows a full-page view of a blank sheet of white paper with horizontal ruling lines. The lines are thin, black, and evenly spaced, running horizontally across the entire page. In the bottom right corner, there is a small, faint, grey line-art illustration of a person's head and shoulders, facing left. The person has short hair and is wearing a collared shirt. The overall appearance is that of a clean, unused page from a notebook or a document template.



YOUNG MINDS

HOW THE BPS PRINCIPLES SUPPORT YOUNG MINDS



The way in which the programme is delivered to young people is informed by the following principles. These principles aim to support the positive development of young people:

1. Agency: Recognise the agency of young people, support them in making their own decisions
2. Confidence: Promote positive identity formation by encouraging self-confidence
3. Trust: Be a reliable, constant source of support throughout the rollercoaster of emotions and experiences

What do these terms mean to you and why are they important?
