



# Tweens & Teens: Planning for Independence Part 1

A key to remaining calm when teens make mistakes is expecting them to make mistakes. Remember, their brains are wired in adolescence to not always make the decisions we would choose for them. That can feel scary, but it is a necessary part of development and it is how they learn!

## Key Takeaways:

1. Teen brain directly impacts behavior.
2. “Reward” and emotional centers of brain are in overdrive. *This often results in decisions that give them instant gratification and challenges with planning and problem solving.*
3. Desire for independence is brought on by changes in the brain and is healthy.
4. Brainstorm situations your teen may want to participate in.

Example: Attending a concert with friends, driving to a friend’s house, taking public transportation, spending the night away from home, etc.

5. How did your caregivers view and react to your desire for independence? What situations were deemed “okay” and which were not?

