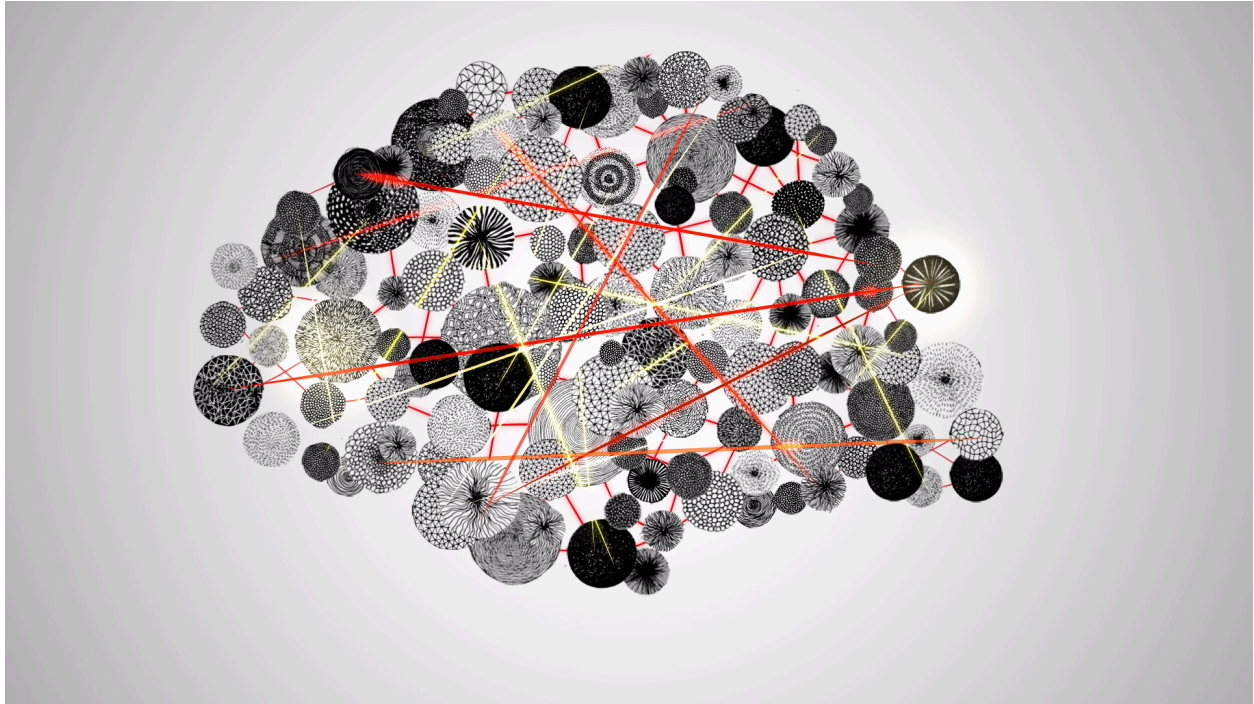


THE TEEN BRAIN



***The Teen Brain* Discussion Questions**

Ages 16-19

You've just seen *The Teen Brain*. Here are questions to get you thinking and talking.

1. How would you describe how it feels to be a teenager?
2. What are three things you like to do that help calm you when you're feeling stressed or anxious? Remember these – they're part of your toolbox to feel better.
3. What's something you learned about the teen brain that you didn't know before?
4. What's the best part about being a teen?
5. What's the hardest part about being a teen?
6. How have you changed in the last three years? How do you imagine you'll change in the next three years?
7. What advice would you tell your younger self (at 10 to 15)? Is there anyone in your life that age that you could share that with?