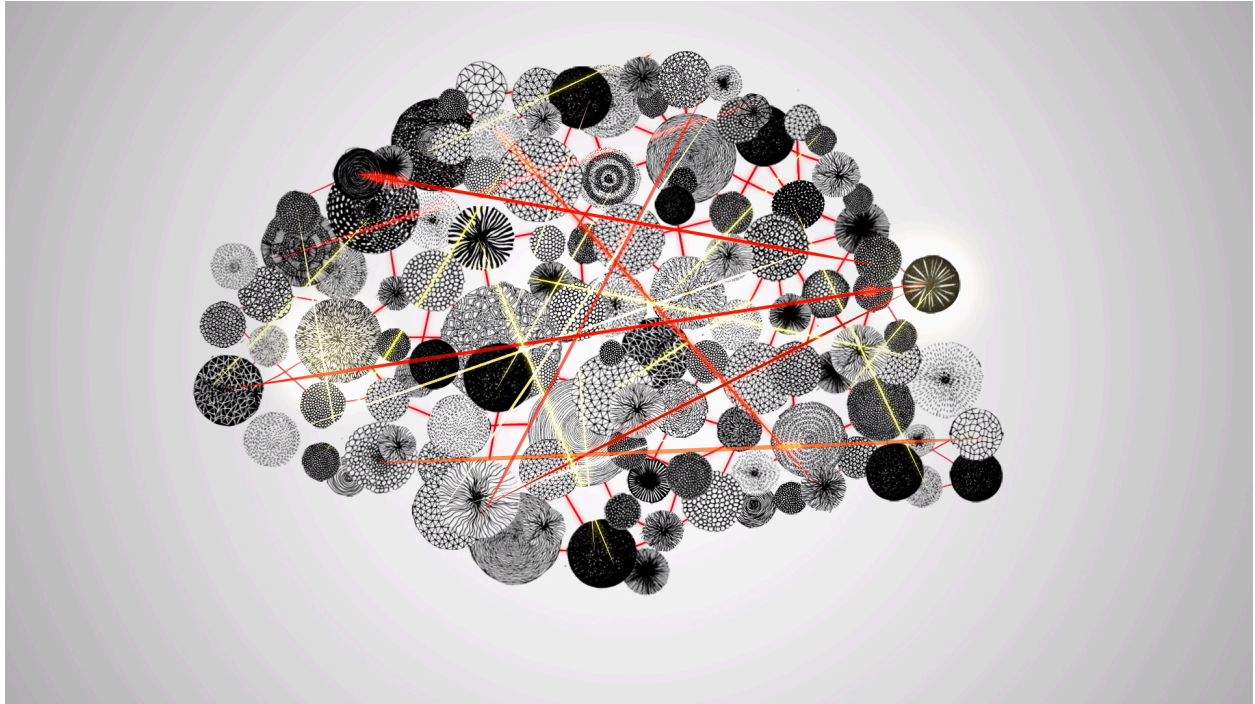


THE TEEN BRAIN



***The Teen Brain* Discussion Questions**

Adult

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

1. What are three things you like to do that help calm you when you're feeling stressed or anxious?
2. How do you remember feeling when you were a teen?
3. What do you wish you could tell your teen self?
4. How has being a teen changed since you were a teen?
5. How has being a teen changed since you were a teen?
6. What's something you learned about the teen brain that you didn't know before?
7. What is something you learned in the film that you can apply when supporting the teens in your life?