

THE TEEN BRAIN Discussion Questions:

 **THE TEEN BRAIN (10 min film) Directed by Tiffany Shlain Executive ...**

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

Ages 10-12

1. 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.
2. What's something you learned about the teen brain that you didn't know before?
3. What part of the teenage years are you most excited about?
4. What are you most nervous about?
5. How have you changed in the last two years? What do you look forward to about being a teenager?

Ages 13-15

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. What advice would you tell your younger self (at 10 to 12)? Is there anyone in your life that age that you could share that with?

Ages 16-18

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?

Ages 19-99+

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?