

# Teen Years and the Brain

BLACKSHIELD PRESS • PASSAGES SERIES

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Prepared for flipbook deployment

## PASSAGES 10

### Teen Years and the Brain

This Blackshield Press booklet is formatted as a clean PDF suitable for flipbook deployment. Each page uses short, readable language designed to support guided reading and discussion.

#### Lesson 1

The teen years are a time of strong growth in the brain. That means emotions, choices, and habits can feel intense.

*"What is one thing I should remember from this page?"*

#### Lesson 2

A growing brain still needs guidance. Sleep, food, calm thinking, and wise support all help the mind work better.

*"How can I practice this idea with a trusted adult?"*

### Lesson 3

Strong feelings are real, but feelings do not have to rule every decision. I can pause, think, and ask for help.

*"What safe choice does this page teach me to make?"*

### Lesson 4

The brain learns from repetition. Good habits practiced many times become easier to keep.

*"Why does this information matter in real life?"*

## Lesson 5

The teen years are powerful years. With wisdom and structure, they can be years of growth and purpose.

*"What words from this page can I say clearly and confidently?"*

## Practice Page

1. Read the title out loud.
2. Say the main idea in your own words.
3. Review the safety lesson with a trusted adult.
4. Return to this book later and read it again.

## Blackshield Reminder

Preparation is a form of protection. Knowledge, memory, and good judgment help children respond with confidence and calm.