



# Teen Brain

Thurs 3 Sept 2020 : 7:30pm - 9:00pm  
Kaipara College - Helensville/Auckland

Helensville Primary and Kaipara College are proud to announce that the host of the documentary "All in the Mind", and co-host of the TV Series "The Secret life of Girls", Nathan Wallis, Aotearoa's renowned neuroscience educator, is coming to our community with his talk - Teen Brain.

There are 6000-year-old hieroglyphics carved into the pyramids depicting the teenagers of the time as being self-obsessed, defiant and unmotivated - that's sounding pretty familiar don't you think?

During adolescence, part of your teenage brain "shuts for renovations". This is the part of the brain responsible for controlling your teenager's moods, for understanding consequences and for thinking about the well-being of others. So whilst you can't expect teens to be able to display these behaviours consistently during adolescence, there are ways that you can enhance and maximise the times when they can. Understanding the changes that are taking place for your teen will help you to navigate successfully these important and formative years.

Tickets are available at [www.eventfinda.co.nz](http://www.eventfinda.co.nz).

Get in quick as tickets will sell out.



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