



Transcript

Protecting the Adolescent Brain (1:09)

[Music]

>> What we know about brain development, and adolescent brain development specifically, has increased greatly over the past 25 years.

>> One important benefit of the scientific advances in our knowledge of adolescent brain development is that more information is available to the general public, and provides a greater understanding of this information. For example, it is generally well known that the human brain does not fully develop until a person's mid-20s, which is why it's so important to consider the influence that the use of substances can have on the developing brain.

>> Because the brains of adolescents are still developing, the use of substances such as alcohol may have more detrimental effects compared to adult brains. A major concern is the disruption that substances may have on the typical development of adolescent brains.

>> Alcohol and the use of other substances among adolescents and young adults may cause disruption to the developing brain. This may include impacting memory, motor skills, coordination and problem-solving skills, which can lead to difficulties in school performance, relationships with others and overall wellbeing.

[Music]

