

5/8/15

Environmental Science/ English

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Per 8

The Teenage Brain

Teens tend to make more bad decisions than adults. It isn't our fault that we make these bad decisions. In adolescence, it is a learning process. Some argue that a teen can mature faster, and act more mature than most adults. While in some cases this is true, only through mistakes can we truly learn. Since teens will rely on the amygdala for most of their emotional and decision making processes, teens will be more vulnerable to making bad decisions.

A teens brain is actually different from an adult's brain. One change that we go through is within our brain. In the article "Teens' brains explain their impulsiveness" it states, "Brain scans show that the frontal lobes don't mature until age 25..."(1). The frontal lobe is responsible for most of our decision making and emotions. Since this isn't mature in teens, teens can be more impulsive than adults. The older the teen the more connections their brain has made. In the article it says, "A dividing line of age 18 is better than 15, and not necessarily superior to 19 or 17, but it appears good enough to be justified scientifically..."(2). A young teen will act differently than a 18 year old because their brain has had more time to develop, and the 18 year old has learned a lot more than the younger teen.

A teen is vulnerable to many things. Teens don't really weigh the consequences of their actions. Not all teens are vulnerable, as long as they are well educated about consequences of

their actions at home and at school. For the teens that are, they can be pressured by peers to do things they don't want to do. These can range from skipping a class or school, to trying illegal drugs or consuming alcohol. According to "Teens' brains explain their impulsiveness", it states "juveniles are more vulnerable or susceptible to negative influences and outside pressures, including peer pressure", causing them to have less control over their environment"(1). The pressures of growing up can affect a teen a large amount, and can be made easy with a good support system.

Because of the rate of brain development, teenagers should be convicted more lightly than adults. Everyone will make a bad decision once in their life. The law enforcement will charge a teen like he/she is a full grown adult. Ash, a member of the American Psychiatric Association's Committee on Judicial Action he says," Even if a 14-year-old murderer is held morally responsible for the crime, he will have matured by the time he's 18, and in the meanwhile he may be more amenable to rehabilitation than an adult murderer is..."(3). In the teen years, they can still change habits more easily than adults, and should be treated more humanely so they can become a good member of society. This doesn't mean that every teen criminal will change, but the majority should have a chance to change to get back on track in their life.

Teens will make more bad decisions than adults. This is because the teen brain is different from an adults brain. A teenager's frontal lobe is not fully developed, and will not be fully developed until their early twenties. Even if some teens will mature faster than others, teens and adults are not the same.

Works Cited

"Teens' Brains Hold Key to Their Impulsiveness." Msnbc.com. Associated Press, 2 Dec. 2007.

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