

# Understanding Teenagers in School

## I-day Professional Development course

### Overview:

Adolescence is the most significant period of change in the brain apart from the first year of life; it is not until the early 20s that the brain begins to look like that of an adult. This I-day training course provides an opportunity to understand adolescent brain development and its effect on behaviour. It includes ideas and strategies for school staff to maintain boundaries, motivation and support for young people in an emotionally healthy context. The day brings together the latest understanding from neuroscience and developmental psychology and the principles of the Nurturing Programme, one of the leading social and emotional education interventions in the UK.

There is a clear link between social and emotional learning and cognitive development (OECD report March 2015). Research shows that working with young people to support the critical tasks of achieving goals, working well with others, and managing emotions has a positive effect on cognitive development.

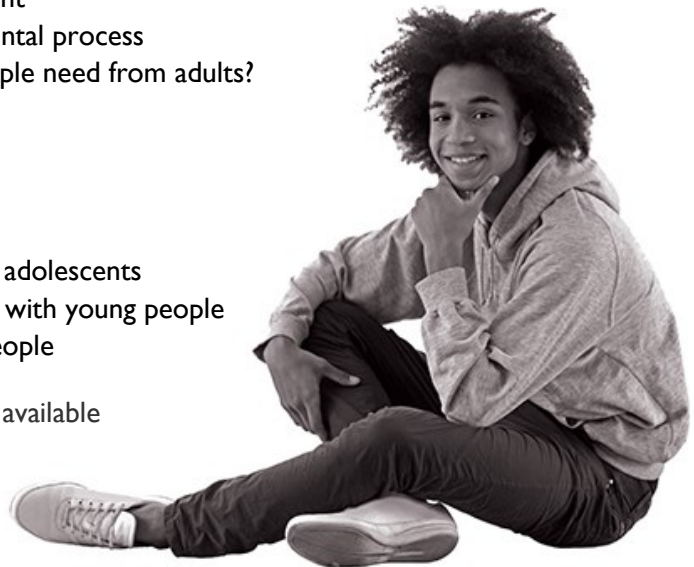
### Key topics:

- ✓ Understanding adolescent brain development
- ✓ Learning at a time of rapid brain development
- ✓ A trainee adult – the adolescent developmental process
- ✓ Autonomy promotion - what do young people need from adults?
- ✓ Managing risk and promoting resilience

### Outcomes - staff will learn:

- ✓ The science of the adolescent brain
- ✓ How to increase motivation and learning in adolescents
- ✓ Strategies for building positive relationships with young people
- ✓ Factors that promote resilience in young people

This one-day Professional Development course is available for school staff, youth support teams and other professionals working with young people.



### Training options:

**£210 per person (face-to-face) or £110 (online)**

Visit our [online training calendar](#) to see training dates and book your place. Contact the Training Team for further details: [training@familylinks.org.uk](mailto:training@familylinks.org.uk) or 01865 401800.

**£2200 for a group of up to 25 people (face-to-face)**

To find out more or to book an in-house training course for your team contact our Education Team: [education@familylinks.org.uk](mailto:education@familylinks.org.uk) or 01865 401800