

ADOLSCENT BRAIN DEVELOPMENT

mind the GAP

MASSIVE DEVELOPMENTAL CHANGES ARE OCCURRING
FOR YOUR CHILD AT THIS STAGE:

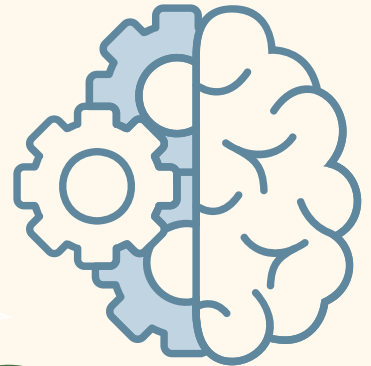
• PHYSICAL • NEUROBIOLOGICAL • PSYCHOLOGICAL •

HOWEVER, WHILE SOME PARTS OF THEIR BRAIN ARE
MATURE AND PROVIDING ADULT-LIKE THINKING, OTHER
PARTS OF THE BRAIN ARE STILL IMMATURE & CHILD-LIKE

PREFRONTAL CORTEX (PFC)
IS NOT MATURE UNTIL
AGE 25

CONTROLS LOGICAL THINKING &
THE CONNECTION BETWEEN
THINKING & BEHAVIOR

DIFFICULT FOR THEM TO
UTILIZE REASONING,
JUDGMENT, IMPULSE
CONTROL, & IMPOSING OR
FOLLOWING RULES



SUBCORTICAL REGIONS OF
THE BRAIN **MATURE EARLY**
IN ADOLESCENCE

CONTROLS MOTIVATIONAL &
EMOTIONAL THINKING

REACTIVE TO EMOTIONS •
SUSCEPTIBILITY TO REWARDS •
LACK ORIENTATION TO THE
FUTURE • ACTING IN THE SPUR
OF THE MOMENT REGARDLESS
OF CONSEQUENCES

THIS GAP CHANGES HOW
ADOLESCENTS PERCEIVE
THEMSELVES & OTHERS;
INFLUENCING THE WAY THEY
FEEL, THINK, & BEHAVE

DECISION MAKING IS
PARTICULARLY DIFFICULT IN
EMOTIONAL AND SOCIAL
CONTEXTS

REDUCED CAPACITY FOR:

- FEAR OF PUNISHMENT,
- IMPULSE CONTROL
- RATIONAL DECISION MAKING & REASONING

the peer effect

- ONE OF THE MAIN MOTIVES UNDERLYING ADOLESCENT BEHAVIOR IS TO GAIN ACCEPTANCE FROM PEERS
- THE INCREASED NEED FOR ACCEPTANCE & IDENTITY CAN MAKE ADOLESCENTS SOCIALLY SENSITIVE & DEPENDENT
 - ADOLESCENTS ARE RESPONSIVE TO & INFLUENCED BY THEIR PEERS & MORE LIKELY TO CHANGE THEIR DECISIONS OR BEHAVIOR BASED ON SOCIAL PRESSURE

will this last?

WHILE RISKY BEHAVIORS ARE
CLOSELY RELATED TO ADOLESCENCE
FOR THESE REASONS - FEW OF
THESE BEHAVIORS PERSIST INTO
ADULTHOOD



Lakeshore Regional
Child Advocacy Center

ONLINE DISINHIBITION EFFECT

★ THE PHENOMENON WHERE BEHAVIORS & PERSONALITY CHANGE WHEN ONLINE...

SPECIFICALLY THAT PEOPLE WILL DO OR SAY THINGS IN AN ONLINE ENVIRONMENT THAT THEY WOULDN'T DO FACE TO FACE ★

★ THE LEVEL OF DISINHIBITION WILL BE DIFFERENT FROM PERSON TO PERSON

★ PERSONALITY IS ONE INFLUENCE ON THE LEVEL OF DISINHIBITION



★ IN SOME PEOPLE THE CHANGES WHEN ONLINE CAN BE **SMALL & INNOCENT**

★ WHILE IN OTHERS, THE CHANGES WHEN ONLINE CAN BE **TOXIC & PERVERSIVE**

six factors that lead to online disinhibition

DISOCIATIVE ANONYMITY – PEOPLE CAN SEPARATE THEIR ACTIONS ONLINE FROM THEIR OFFLINE SELF, LIFESTYLE, & IDENTITY & FEEL LESS WARY ABOUT ACTING OUT

INVISIBILITY
IN MOST SITUATIONS, PEOPLE CANNOT SEE EACH OTHER ONLINE, LOWERING THE WORRY ABOUT HOW THEY LOOK, SEEM, SOUND, PERCEIVED, ETC.

ASYNCHRONICITY
PEOPLE DO NOT INTERACT WITH ONE ANOTHER IN REAL TIME & NOT HAVING TO DEAL WITH PEOPLE'S INSTANT REACTION INCREASES DISINHIBITION EFFECT.

SOLIPSTIC INTROJECTION

FACE TO FACE CUES ARE ABSENT AND CAN ALTER A PERSON'S TYPICAL BOUNDARIES

DISOCIATIVE IMAGINATION
BEING ONLINE CREATES A CHANCE TO ESCAPE FROM WHAT HAPPENS OFFLINE – CAUSING A SPLIT BETWEEN THE TWO 'WORLDS'

MINIMIZATION OF AUTHORITY & STATUS

RELUCTANCE TO SAY THINGS TO AUTHORITY IS REDUCED ONLINE AS A PERSON'S STATUS MAY NOT BE KNOWN & MAY NOT HAVE AN IMPACT

