



**SEATTLE ACADEMY**  
OF ARTS AND SCIENCES

## **Taming Teens: Understanding Negative Behaviors**

The disrespectful, defiant, moody teen phase is nothing new. What is new is the science of why. Recent brain-imaging studies have documented how the thinking part of the brain is literally “under construction” during the teen years. During this process of brain maturation, neural connections are wiped out, giving way to a period of high vulnerability for emotional volatility, poor reasoning skills and parental button-pushing. They are also striving to establish their identities and seek their social place in the teen world, which can include cruel or bullying behaviors and compulsive connecting to social media and entertainment. Come develop tools you can use to help navigate these rocky times.

**Dr. Laura Kastner, Ph.D.**, will discuss illuminative research on teen development and the dynamics of emotional regulation. She will enable us to use this information for more effective parenting and provide useful tips for keeping “cool-headed” so we can choose how to best handle the classic challenges of adolescence.

**Wednesday, February 1**  
**6:30 PM – Social**  
**7:00 PM – Meeting**  
**Seattle Academy Arts Center**



Dr. Kastner is a clinical associate professor of psychiatry and behavioral sciences at the University of Washington and a nationally-recognized expert on teen development and behavior. She is also a practicing clinical psychologist and co-author, with Jennifer F. Wyatt, of *The Seven Year Stretch: How Families Work Together To Grow Through Adolescence*, *The Launching Years: Strategic Parenting From the Senior Year to College Life*, and *Getting to Calm: Cool-Headed Strategies for Parenting Teens and Tweens*.