



# 3 FACTS ABOUT THE TEENAGE BRAIN

with Mark Oestreicher

## 1 THE PREFRONTAL CORTEX

The part of the brain responsible for decision-making, wisdom, prioritization, impulse control, risk management, and empathy.

## 3 THE ANTERIOR CINGULATE

The part of the brain that acts as a buffer between the amygdala (the fear center) and the prefrontal cortex (the logic center).

## 2 NEURON PROLIFERATION AND WINNOWING

Just before the onset of puberty, there is a spike in the growth of neurons in the brain (proliferation). During puberty, many of those neurons are eliminated (winnowing).

NOTES FROM #GROWCON18



# WHAT **EVERY TEENAGER** **NEEDS** FROM THE LOCAL **CHURCH**

*with Propaganda*

---

**1** QUESTION YOUR  
PRESUPPOSITIONS

**3** DON'T  
FLINCH

**2** MAJOR IN THE  
MAJORS

**4** EXPOSE THEM TO  
NEW PERSPECTIVES



# HOW NOT TO **PREACH** TO TEENAGERS

with Karl Romeus

**1** DON'T MAKE  
YOURSELF THE  
HERO OF THE STORY

**4** DON'T FAIL TO GET  
READ FEEDBACK

**2** DON'T FORGET  
ABOUT THE POWER  
OF AN EFFECTIVE VISUAL

**5** START AND END  
YOUR PREPARATION  
WITH SCRIPTURE

**3** DON'T OVER-USE  
COMEDY

NOTES FROM #GROWCON18



# THE ART OF CONVERSATION

with Yulee Lee

**1** DIALOGUE REQUIRES  
LISTENING

**3** DIALOGUE REQUIRES  
SUSPENDING

**2** DIALOGUE REQUIRES  
RESPECTING

**4** DIALOGUE REQUIRES  
VOICING



# DISCIPLINING A TEENAGER

with Sandra Stanley

## TO PARTNER WITH PARENTS . . .

- 1** FIND TRUSTED AND EXPERIENCED PARENTS
- 2** DON'T SURPRISE THEIR PARENTS
- 3** ASK QUESTIONS FIRST
- 4** LEAN ON YOUR SMALL GROUP LEADERS
- 5** TRAIN YOUR SMALL GROUP LEADERS

## TO DISCIPLINE A TEENAGER . . .

- 1** HAVE A CONVERSATION WITH YOUR BOSS
- 2** PUT PROTOCOLS IN PLACE IN ADVANCE
- 3** ASK MORE QUESTIONS
- 4** APOLOGIZE WHEN NECESSARY
- 5** DON'T TRY TO HANDLE IT ON YOUR OWN