

Why They Do the Things They Do Presentation
POST SURVEY

1. The Brain is fully developed by the age of 18.
 - A. True
 - B. False

2. Which of the following are characteristic of adolescent behavior?
 - A. Spends more time with peers than family
 - B. Having conflict with authority, including parents
 - C. Taking more risks and exploring
 - D. Sleeping in later and staying up later
 - E. All of the above

3. What part of the teenage brain is responsible for moody, irritable, unpredictable and sometimes irrational behavior, risk taking?
 - A. the Hippocampus
 - B. the Hypothalamus
 - C. the Pre-frontal cortex
 - D. the Amygdala

4. What neurotransmitter (chemical in the brain) sends “feel-good” messages to our brain and body, connecting the pleasure we experienced to the thing we enjoyed?
 - A. Acetylcholine
 - B. Dopamine
 - C. Serotonin
 - D. Histamine

5. What is it called when someone over time of use, needs more and more drugs/alcohol to get the same high or becomes dependent on or craves alcohol or a drug all of the time?
 - A. Abuse
 - B. Social Use
 - C. Addiction
 - D. Experimentation

6. Youth who begin drinking alcohol before the age of 15 are how many times more likely to develop alcohol problems than those who start after age 21?
 - A. Three times more likely
 - B. Five times more likely
 - C. Six times more likely

7. European youth consume alcohol more responsibly than US youth because they are introduced to drinking at an early age.
 - A. True
 - B. False

8. Parental disapproval of underage drinking is a key reason teens chose not to drink.
 - A. True
 - B. False

9. What are some parent strategies for preventing underage drinking?
 - A. Have daily interaction with your teen
 - B. Teach the risks of underage drinking
 - C. Set clear rules and expectations
 - D. Monitoring your teen (Who, What, Where, When)
 - E. All of the above

Please rate and comment on the training:

- | | | | | | | |
|----------------------|---|---|---|---|---|---------------|
| 1. Useful | 5 | 4 | 3 | 2 | 1 | Not Useful |
| 2. Informative | 5 | 4 | 3 | 2 | 1 | Uninformative |
| 3. Clearly Presented | 5 | 4 | 3 | 2 | 1 | Confusing |

I have a better understanding of the teenage brain. Yes No

What did you like most about the training? _____

What are other needs you have around these topics? _____

Other Comments: _____

Would you recommend this training to others parents? __YES__NO