

## VOCABULARY

ADOLESCENT BRAIN (Miller & Anandakumar, 2020)		
WORD	DEFINITION	EXAMPLE SENTENCE
<b>adolescence</b>	the stage of life between childhood and adulthood (the teen years).	<i>During adolescence, teens often start wanting more independence from their parents.</i>
<b>cerebrum</b>	the largest part of the brain that controls thinking, memory, and movement.	<i>When you solve a hard math problem, your cerebrum is at work.</i>
<b>gray matter</b>	brain tissue that helps with decision-making, self-control, and the senses.	<i>Scientists say gray matter changes a lot during the teen years.</i>
<b>white matter</b>	brain tissue that carries signals between different parts of the brain.	<i>White matter helps different parts of the brain send signals to each other.</i>
<b>neuron</b>	a brain cell that sends and receives messages.	<i>Each time you learn a new skill, neurons in your brain make new connections.</i>
<b>MRI / fMRI</b>	brain scans that take pictures of the brain's structure and activity.	<i>Doctors can use an MRI to take a picture of what's inside your brain.</i>
<b>functionally connected</b>	when different parts of the brain work together.	<i>Your brain is stronger when its different parts are functionally connected.</i>

## ADOLESCENT BRAIN (Miller & Anandakumar, 2020)

WORD	DEFINITION	EXAMPLE SENTENCE
<b>temporal discounting</b>	choosing a small reward now instead of waiting for a bigger reward later.	<i>Choosing to eat one cookie now instead of waiting for two later is an example of temporal discounting.</i>

## TECHNOLOGY AND TEENS (Magis-Weinberg & Berger, 2020)

WORD	DEFINITION	EXAMPLE SENTENCE
<b>disengage</b>	to step away or take a break from something.	<i>Sometimes you need to disengage from technology and take a break outside.</i>
<b>multitasking</b>	trying to do more than one thing at the same time.	<i>Multitasking, like texting while doing homework, can make both tasks take longer.</i>
<b>notifications</b>	alerts or reminders from your phone or apps.	<i>Notifications from apps can make it hard to put your phone down.</i>
<b>autoplay</b>	when videos keep playing automatically without you pressing play again.	<i>Autoplay keeps videos going even when you don't click "next."</i>
<b>contract</b>	an agreement. In this case, an agreement about how to use technology responsibly.	<i>Some families make a contract about when and how to use phones.</i>
<b>balance</b>	using technology in a way that doesn't take over your health, sleep, or relationships.	<i>Having balance means spending time with friends face-to-face, not just online.</i>

## SCREEN TIME (NIDA, 2020)

WORD	DEFINITION	EXAMPLE SENTENCE
<b>melatonin</b>	a natural chemical in your body that helps you fall asleep.	<i>Looking at a bright screen before bed can lower your melatonin.</i>
<b>cortex</b>	the outer layer of the brain that helps with thinking and decision-making.	<i>The cortex is the part of the brain that helps you think and plan.</i>
<b>brain development</b>	how the brain grows and changes during the teen years.	<i>Healthy sleep and exercise support your brain development.</i>
<b>symptoms</b>	signs that show something may be wrong with your health.	<i>A headache can be one of the symptoms of too much screen time.</i>
<b>stress</b>	a feeling of worry or pressure.	<i>Exercise is a good way to reduce stress.</i>

## SOCIAL MEDIA (Magis-Weinberg & Berger, 2020)

WORD	DEFINITION	EXAMPLE SENTENCE
<b>cognitive control network</b>	the part of the brain that helps you focus, remember, and make good choices.	<i>The cognitive control network helps you stay focused when you'd rather check your phone.</i>
<b>self-esteem</b>	how much you value and feel good about yourself.	<i>Getting compliments from friends can boost your self-esteem.</i>
<b>cyberbullying</b>	bullying or being mean to someone online.	<i>Cyberbullying happens when people post mean comments about someone online.</i>
<b>identity</b>	who you are, including your interests, roles, and personality.	<i>Trying new hobbies can be part of exploring your identity.</i>
<b>reward response</b>	how the brain reacts when you get something enjoyable, like social media likes, candy, or compliments.	<i>A reward response in the brain makes you feel good when you earn a prize.</i>
<b>depression / anxiety</b>	Mental health struggles that can cause sadness, worry, or stress.	<i>Talking to someone you trust can help if you're struggling with depression or anxiety.</i>