



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).