

Brain Development

Your brain continues to grow and mature until your mid- to late 20s. The front part of the brain, called the prefrontal cortex, is one of the last brain regions to mature. This area is responsible for skills like planning, prioritizing, and controlling impulses. Because these skills are still developing, you are more likely to engage in risky behaviors without considering the potential results of your decisions.

Since your teen brain is still developing, you may respond to stress differently than adults, which could possibly lead to stress-related mental disorders such as anxiety and depression. Mindfulness, which helps us pay attention to the present moment, may help you cope with and reduce stress.

For more information, check The Teen Brain: 7 Things to Know:

<https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know>

Self-Acceptance

How to Build Self-Acceptance: 16 Tips, Activities, & Exercises

<https://positivepsychology.com/how-to-build-self-acceptance-activities-exercises/>

Don't Fall into the Self-Esteem Trap: Try a Little Self-Kindness

<https://www.mindful.org/dont-fall-into-self-esteem-trap-try-a-little-self-kindness/>

Resources for Adolescents

BLOOM Military Teens: This website features stories written by military kids, articles about military life, and spotlights on military kids throughout the world doing extraordinary things. The site notes that it is a place where military-connected teens can “find comfort and advice about everything military-kid related.” The site has respective content on Facebook, Instagram, YouTube, Twitter, and Pinterest. <https://www.bloommilitaryteens.org/>

Psych-to-go: This YouTube channel offers cartoon-based videos talking about emotions and daily teenage struggles. Topics such as how to master your emotions, unhealthy coping mechanisms you shouldn't use, and behaviors that destroy relationships are available. New videos are uploaded weekly. <https://psych2go.net/>

Military Kids Connect is an initiative of the Connected Health branch of the Defense Health Agency (DHA) and has a website providing an online community for military children ages 6 through 17. Resources to help you with a variety of issues include military life, health and wellness, a blog and message board to keep kids connected to each other. <https://militarykidsconnect.health.mil/>

MCEC[®] supports all military-connected children by educating, advocating, and collaborating to resolve education challenges associated with the military lifestyle. Learn more about ways to get involved and stay informed about upcoming webinars, workshops, and additional resources by emailing Info@MilitaryChild.org.

Find Your Purpose

Make Connections

- Attend events
- Expand your mind
- Learn new skills
- Gain responsibility
- Develop perspective

Volunteer

- Community events or through places of worship
- Local animal shelter
- Political Campaign
- Environmental/conservation groups
- Health related causes

What is your why?

- Identify things you care about
- Think about what matters most to you.
- Recognize your strengths
- Talk to a trusted adult

Helpful Links

The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

Greater Good's Purpose Challenge: Helping high school students find their purpose. Tool Kit
https://www.purposechallenge.org/?_ga=2.249949825.682491562.1627895885-471179975.1627895885

Seven Ways to Find Your Purpose in Life: 08/06/2020:

https://greatergood.berkeley.edu/article/item/seven_ways_to_find_your_purpose_in_life

Questionnaires

Values Assessment Worksheet

<https://ccv.edu/documents/2013/11/values-assessment-worksheet.pdf/>

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Values Activity Questionnaire and Worksheet

<https://www.winona.edu/resilience/Media/Values-Activity-Worksheet.pdf>

Videos

Month of the Military Child –Joe <https://www.youtube.com/watch?v=tsSm0U8l32k>

2021 Month of the Military Child “Military Kid Mackenzie”

<https://www.youtube.com/watch?v=augMXuMTvB4>

Matthew McConaughey-Prioritize Who You Are

<https://youtu.be/KYoh616ZTv8>

Books

Inspiring Books for Teens

<https://7mindsets.com/inspiring-books-teens/>

MCEC[®] Resources

- *SchoolQuest*[™] is an interactive tool, specially designed to support highly mobile military-connected parents & students:
<https://schoolquest.militarychild.org>
- Military Student Consultants: This program is the portal for all questions student and parent related. You can submit your specific questions concerning transition barriers and receive specialized support. To contact a Military Student Consultant, email msc@militarychild.org
- The MCEC[®] podcast series covers an array of informative and important topics with guests from all walks of life. Visit [Podbean](#), [Google Playstore](#), or [iTunes](#)
- If you have any questions, please don't hesitate to reach out to:
Info@MilitaryChild.org

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