

RESOURCE GUIDE

Episode 23, December 2025 : “Decoding the Teenage Brain”



Safe Harbour’s Mission:

- Visit [Safe Harbour's Website](#) to learn more!
- Want to learn how Safe Harbour can help? Check out this [safety brochure](#).

~Find Safe Harbour on Facebook, Instagram, LinkedIn, and X (formerly Twitter)~

@eacsafeharbou

The Science of Teens’ Brain:

- Want to learn about the science behind teen behavior? Read this article from [Tufts University, School of Medicine](#).
- Did you know that teen brain development impacts future behaviors? Learn more from the [University of California](#).
- Interested in learning about the adolescent brain? Listen or read to [this article](#) by NPR about a neuroscientist’s perspective on teen behavior.

Teens and Sleep:

- Yes, teens need a lot of sleep! Learn just how much by the [National Sleep Foundation](#).
- Learn teen [sleep tips](#) from the Teen Sleep Hub and watch [videos](#) on how to help teens create good sleep habits.

Curiosity, Risk-Taking, and Learning Through Experience:

- Why do teens take risks? Read or listen to learn more from [NPR](#) and [Steps For Youth](#).
- Teen curiosity is a good thing! Learn about it from [G! Parenting](#).

RESOURCE GUIDE



Teen Safety:

- Unsure how to teach a teen situational awareness? Check out [Trees of Hope](#) and [Raising Childrens'](#) tips.
- Practice personal safety with situational questions by [Zero Abuse Project](#).

Effective Consequences and Advice:

- Need help getting a teen to listen? Check out [University of California's](#) tips.
- Want to learn how to use effective and realistic consequences for teens? Learn more from [Psychology Today](#) and [InTune Family Counseling](#).