

# TAKING CONTROL



## DID YOU KNOW...

The front of the brain  
is **NOT FULLY DEVELOPED**  
until about  
**age 25!**

This section of the brain  
is responsible for:



**SO, YOUNG PEOPLE ARE ESPECIALLY LIKELY TO BE INFLUENCED BY EMOTIONS AND SOCIAL PRESSURES WHEN MAKING DECISIONS**



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We recall information that matches our mood, which can bias our decision-making<sup>2</sup>



Adolescents experiencing anger are more likely to take risks<sup>3</sup>



Young people are especially prone to taking risks when the potential reward is peer approval<sup>4</sup>



Girls are more likely to feel pressured to participate in sexting<sup>5</sup>



**IF IN DOUBT, DELAY...**



**Before sharing personal info or pics:**

**How's your mood?  
Let strong emotions settle**



**Ask a friend or adult for a second opinion**

**Consider potential consequences**



**Find another way to feel good**



<sup>1</sup><http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3621648/> • <sup>2</sup>Schwarz, N. (2000). Emotion, cognition, and decision making. *Cognition & Emotion*, 14(4), 433-440. • <sup>3</sup>Ya-wen, Y. X. L. (2009). The Influence of Anger and Fear on Adolescents' Decision-making Under Risk. *Health Medicine Research and Practice*, 4, 009. • <sup>4</sup>Blakemore, S. J., & Robbins, T. W. (2012). Decision-making in the adolescent brain. *Nature neuroscience*, 15(9), 1184-1191. • <sup>5</sup>(Lippman and Campbell 2014; Walker, Sancti, and Temple-Smith 2013). From Joris Van Ouytsel, Michel Walrave & Ellen Van Gool (2014) Sexting: Between Thrill and Fear—How Schools Can Respond, *The Clearing House: A Journal of Educational Strategies, Issues and Ideas*, 87:5, 204-212