

ARCH PRESENTS A BOOK DISCUSSION

# The Teenage Brain

**October 18, 2017**

**9:30 AM**

Easttown Library  
720 First Avenue  
Berwyn, PA 19312

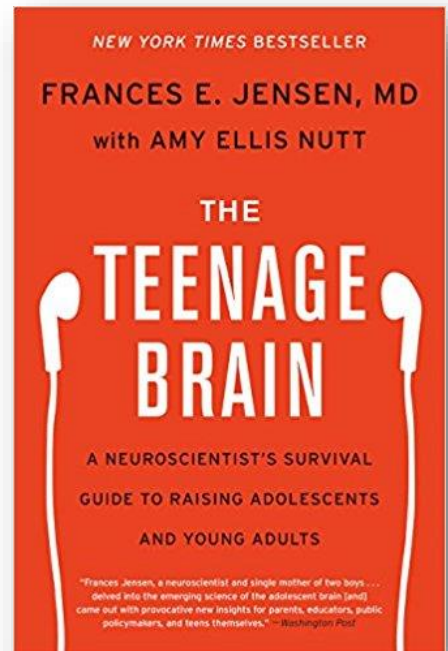
ARCH is kicking off the school year with a Book Talk. Please join us for discussion of the New York Times bestseller, *The Teenage Brain* by Dr. Francis Jensen.

The book uncovers science behind the actions and decisions teenagers make. Dr. Jensen's research helps us understand the teenager's brain – and sheds light on WHY teenagers behave the way they do.

The flow of the discussion will be led by the audience. Based on the book's content/chapters we expect to cover the following topics:

- Brain development and how it effects decision making (specifically risk taking)
- Effects of technology on the teenage brain
- How this all translates to the following aspects of our teens' world... sleep, stress, sports, as well as, alcohol and other drug use

This ARCH event is free and open to the community.



***The Teenage Brain:  
A Neuroscientist's  
Survival Guide to  
Raising Adolescents  
and Young Adults***

by

Frances E. Jensen, MD  
with Amy Ellis Nutt

ARCH is a 501(3)(c) coalition of parents, educators, and community members committed to promoting the well-being of youth in Tredyffrin and Easttown Townships. We serve as a resource to families as they help their children form a positive self-image, make healthy choices, and reduce the use of alcohol, tobacco and other drugs (ATOD). ARCH relies on the generous donations from the community. Visit [www.archcares.org](http://www.archcares.org)

