

Raphael



Grade Level: High School



DU Theme: CRE



SEL Competency: Responsible Decision Making, Self-Management

Facilitator may wish to use reflection questions with students individually or in groups. Below is a possible adaptation for a group activity.

ACTIVITY

Ask students to think about the comments of the expert in the video, Dr. Daniel Siegel. Dr. Siegel mentions that in late adolescence and into early adulthood, the brain is still developing, particularly the pre-frontal cortex which controls judgement, reasoning and regulating emotions. Dr. Siegel says, **“the very part of the brain that contains the process of judgement, reasoning, delaying gratification and regulating your emotions... all come from this middle pre-frontal region [of the brain]”**. This area of the brain is still actively developing well into a person's twenties.

Place students in groups of two or three and have students discuss the what this means to them.

Knowing that teens' brains still need to develop these processes, what should teens rely on for help with judgement and reasoning? Why do you say so? How can we help each other to deal with situation in a way that promotes safety and health?

Does this mean that adolescents and young adults never make good judgements? What would you have said to Raphael if you had gotten in the car with him that night? What kinds of things can friends do to help each other make safer choices? Ask groups to develop plans for how to help each other think about the consequences of their choices before they act. Have students share their plans with the entire group.