

# Bridging the Gaps:

Eliminating Disparities in Teen Pregnancy & Sexual Health

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## The Social- Emotional Brain

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**ETR**

# Disclaimer:

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# Objectives

- Identify key findings in cognitive and social neuroscience that apply to adolescent social and emotional health.
- Apply practical scientific insights to the prevention work delivered by TPP and HIV service providers.
- Commit to at least one action step that will strengthen their work in boosting the emotional and social health of adolescents they serve.

**Consider Key  
Brain Research Findings**



**Apply to SRH**



**Take Action!**

# Grounding

*Think for a moment about your work—  
what you do and why you do it. How  
would you describe your professional  
purpose? What is the desired  
outcome of your work?*

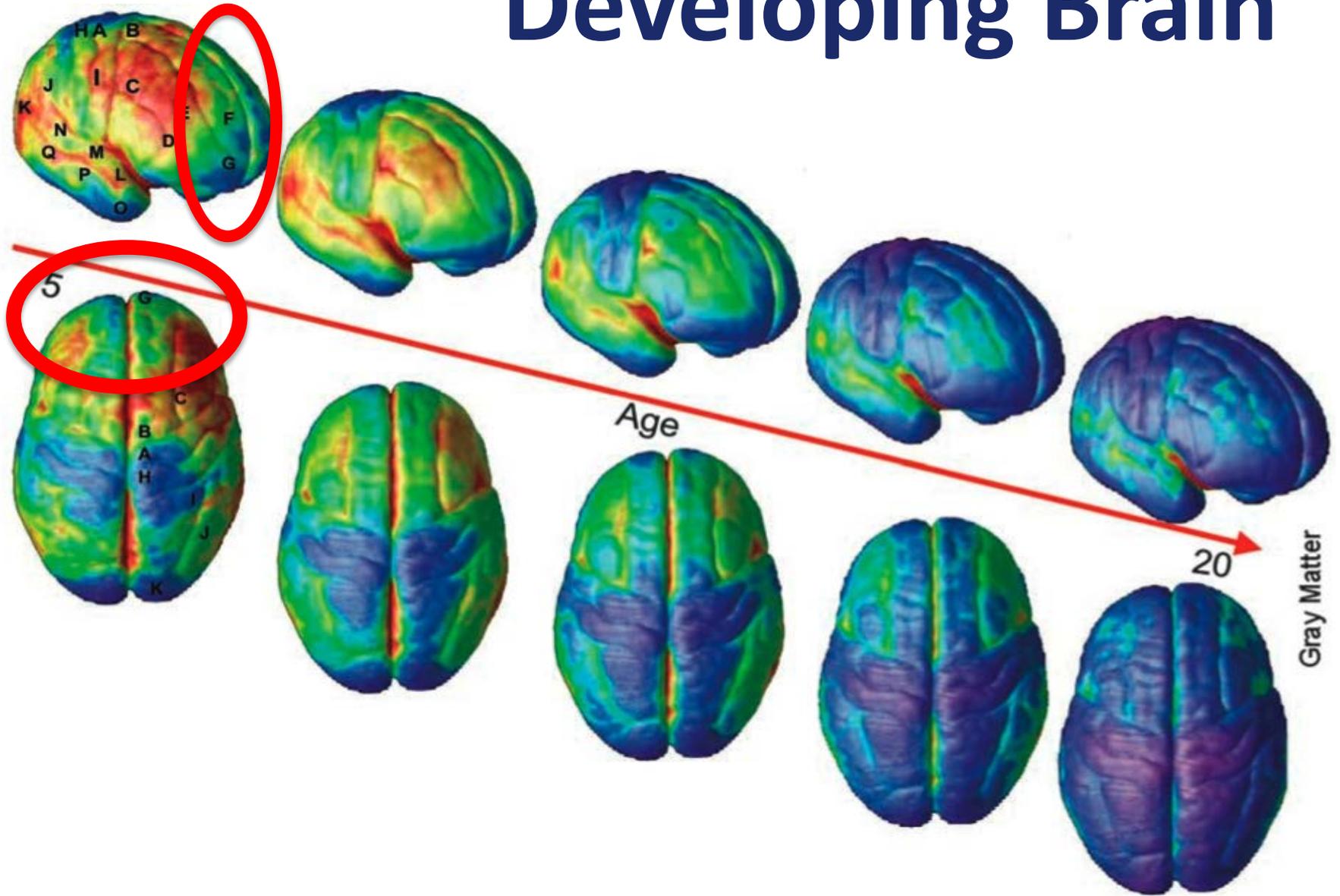


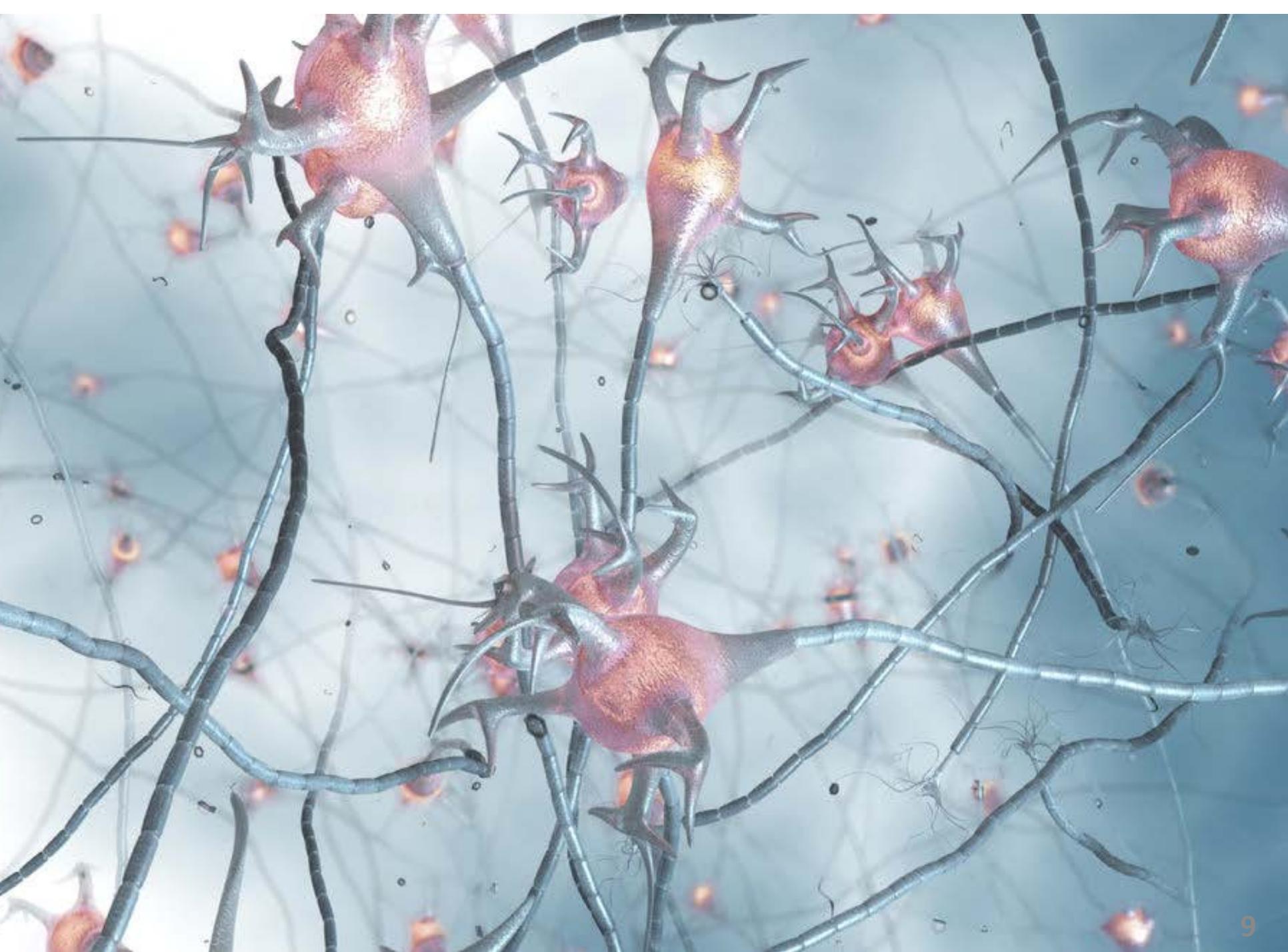
# Neuro- Mentors

# Journey

- Refresher Course
- Social Brain
- Emotional Brain
- Brain Power! (Strategies)
- Mindset: Action!!

# Developing Brain





# Nature vs. Nurture?



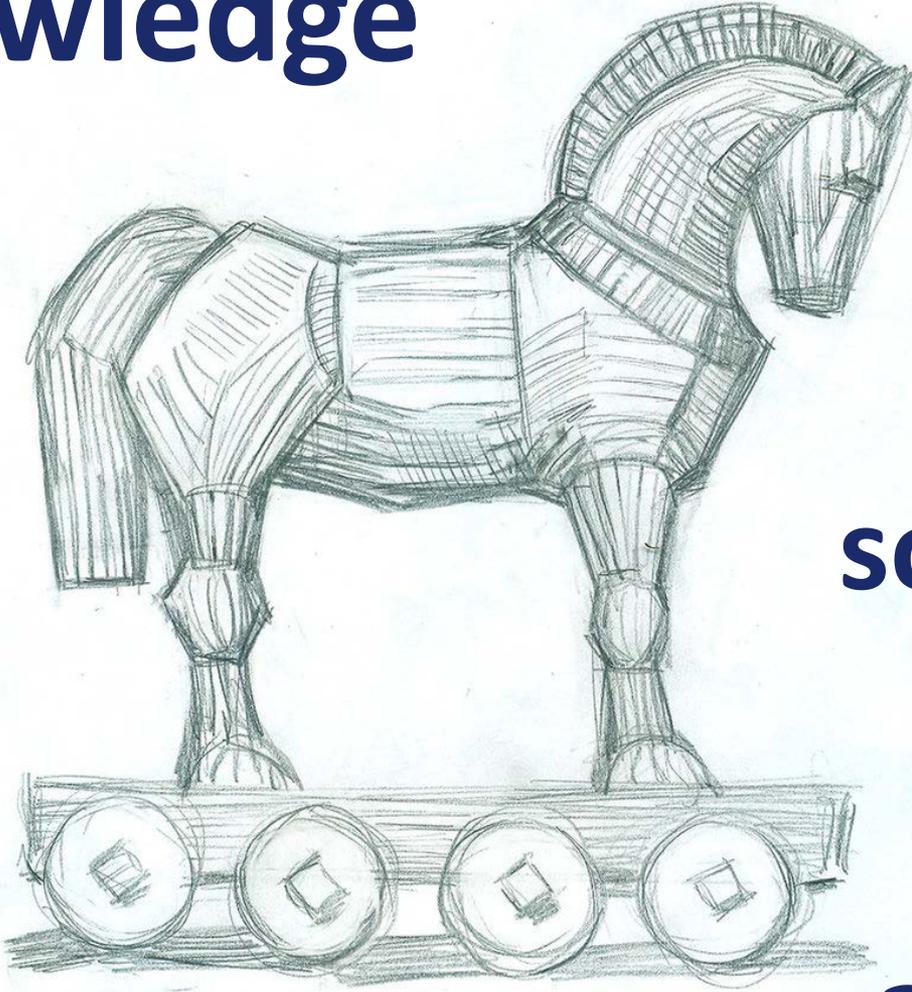
# Grounding

*What do human beings  
need to survive and thrive?*

# Our Social Brain



# Self- knowledge



**. . . the  
socialization  
of our  
values  
and beliefs**



**Social pain activates the same neural circuitry as physical pain**

**Social acceptance**  
activates the  
pleasure  
response in the  
brain. Result:  
feel cared for  
and motivated to  
care for others.



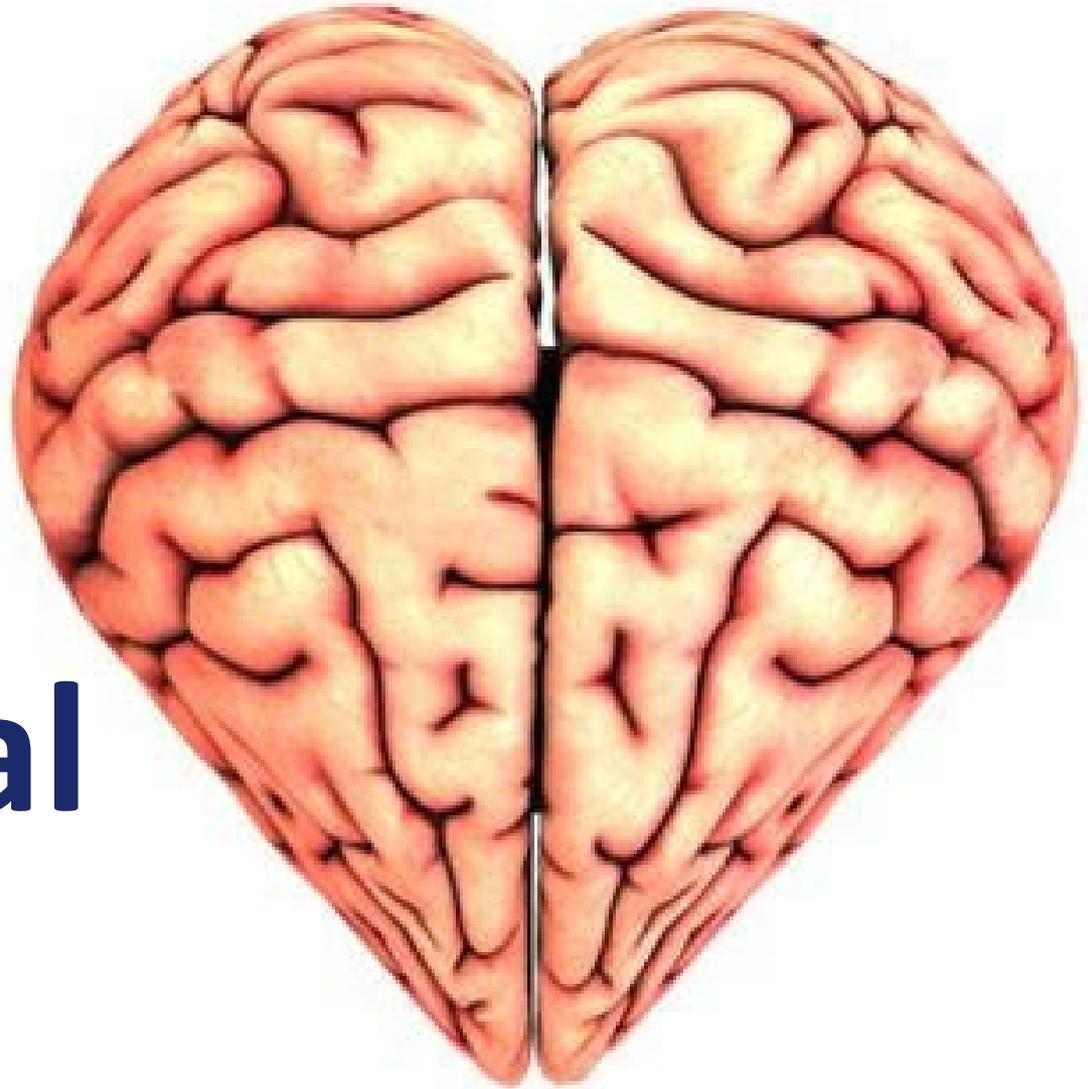


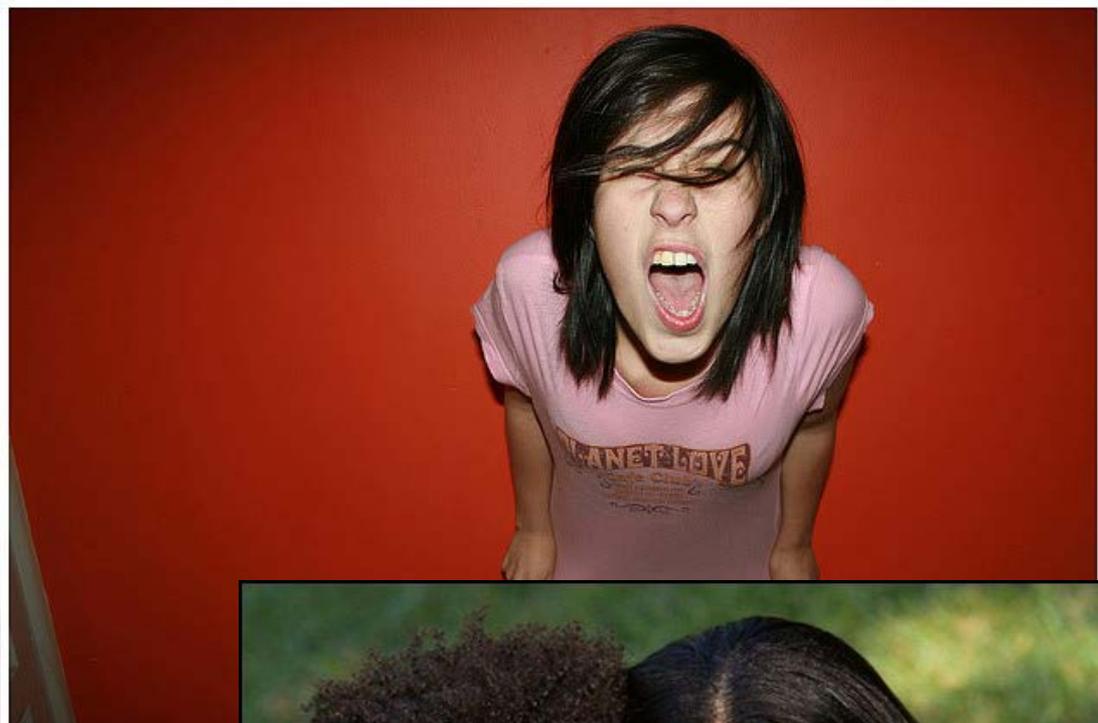
# Process Check:

*With your group:*

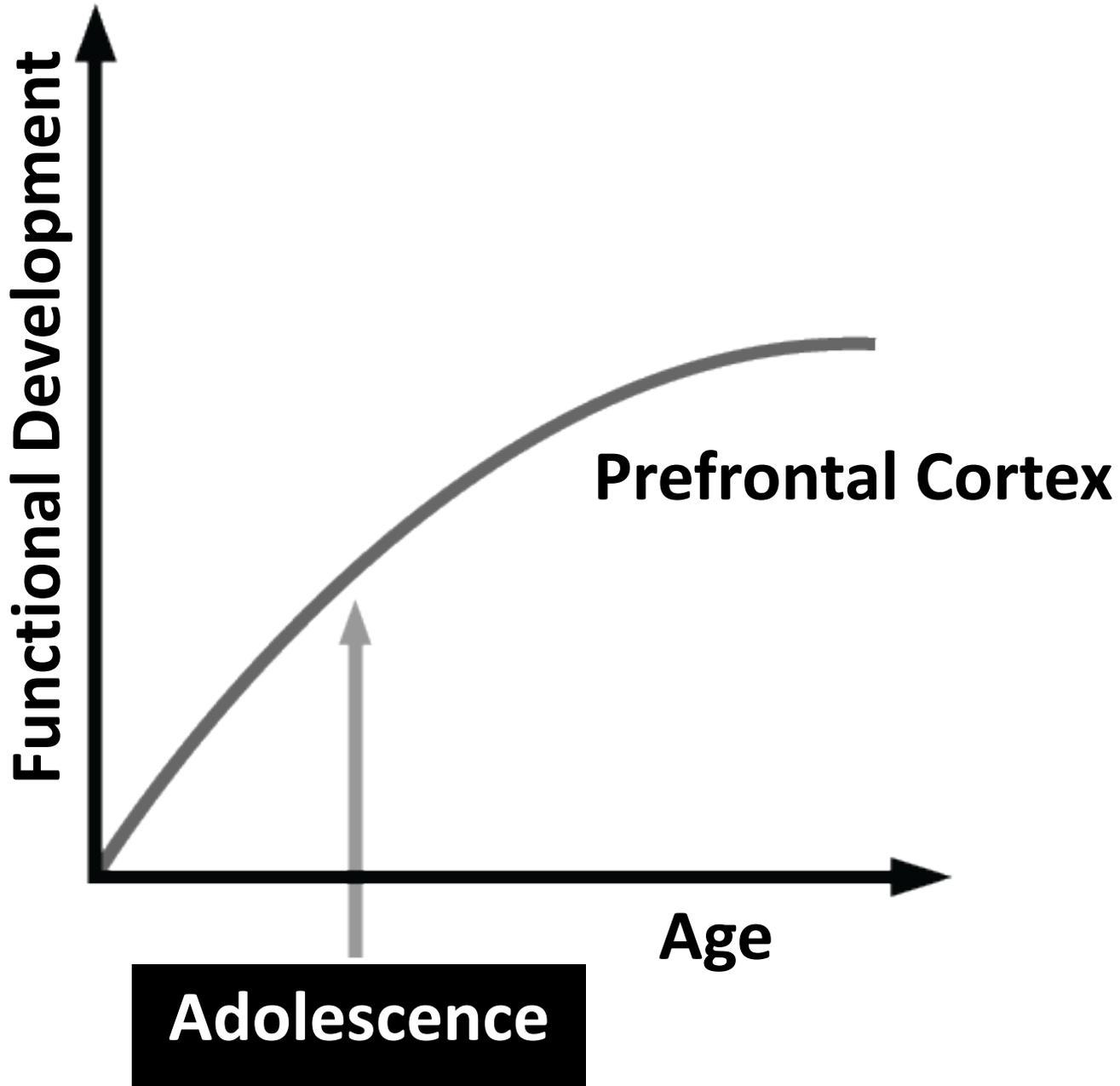
*Consider what we have shared about the social brain, what implications come to mind related to adolescent sexual and reproductive health?*

# Our Emotional Brain

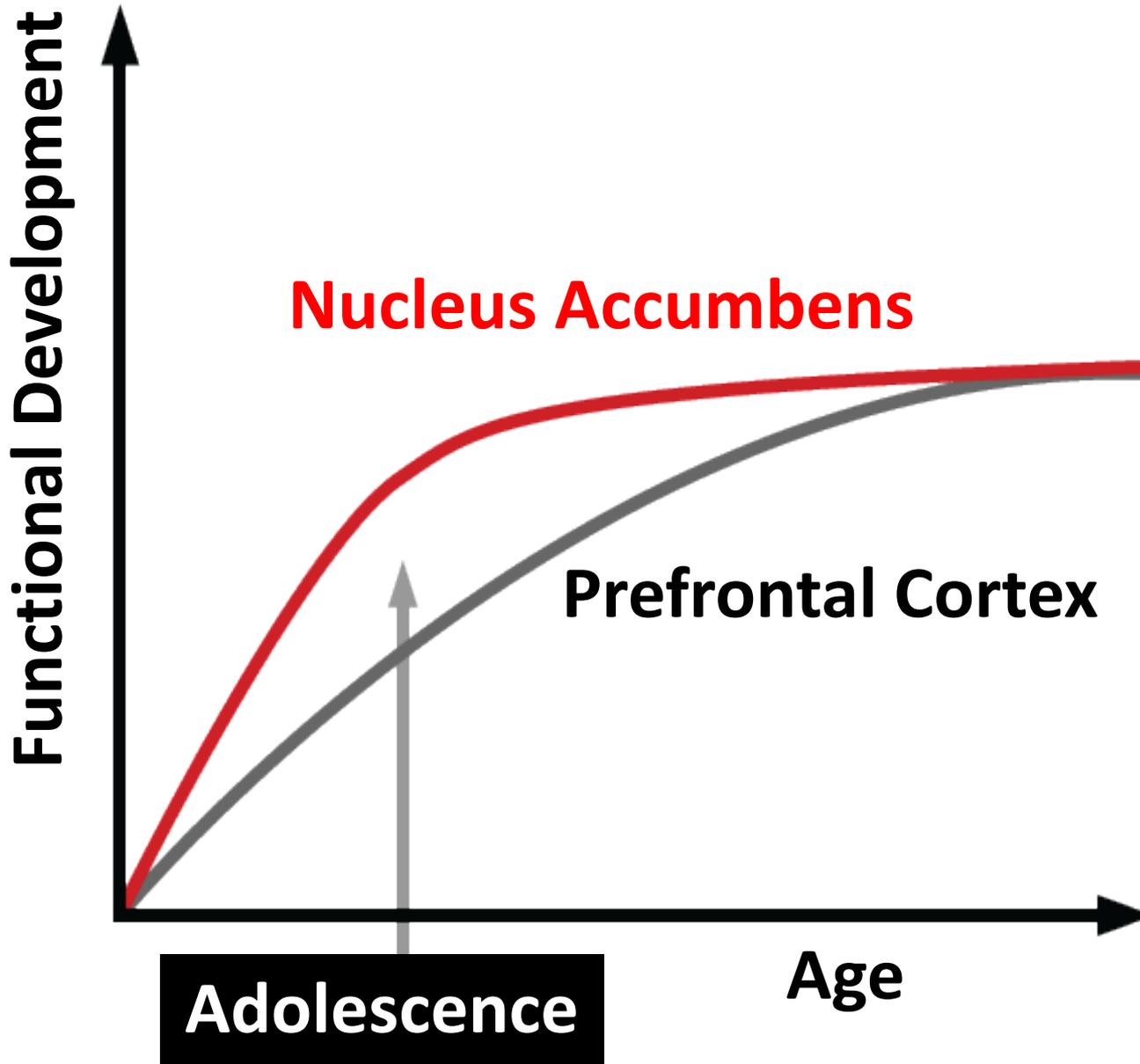




**A**



**B**



# Braking System



# Process Check:

*With an elbow partner:*

*Ponder and discuss: If the PFC is last to be developed and provides the key mechanisms for self-control, what strategies might we use to boost the self-control **brain power** of adolescents?*

**Willpower!**





A photograph of a Zen garden featuring a large, smooth, dark grey stone in the upper left and a cluster of several similar stones in the lower right. The sand is meticulously raked into a series of parallel, wavy lines that create a sense of rhythm and depth. The lighting is soft, casting gentle shadows that emphasize the texture of the sand and the smooth surfaces of the stones.

# Mindfulness

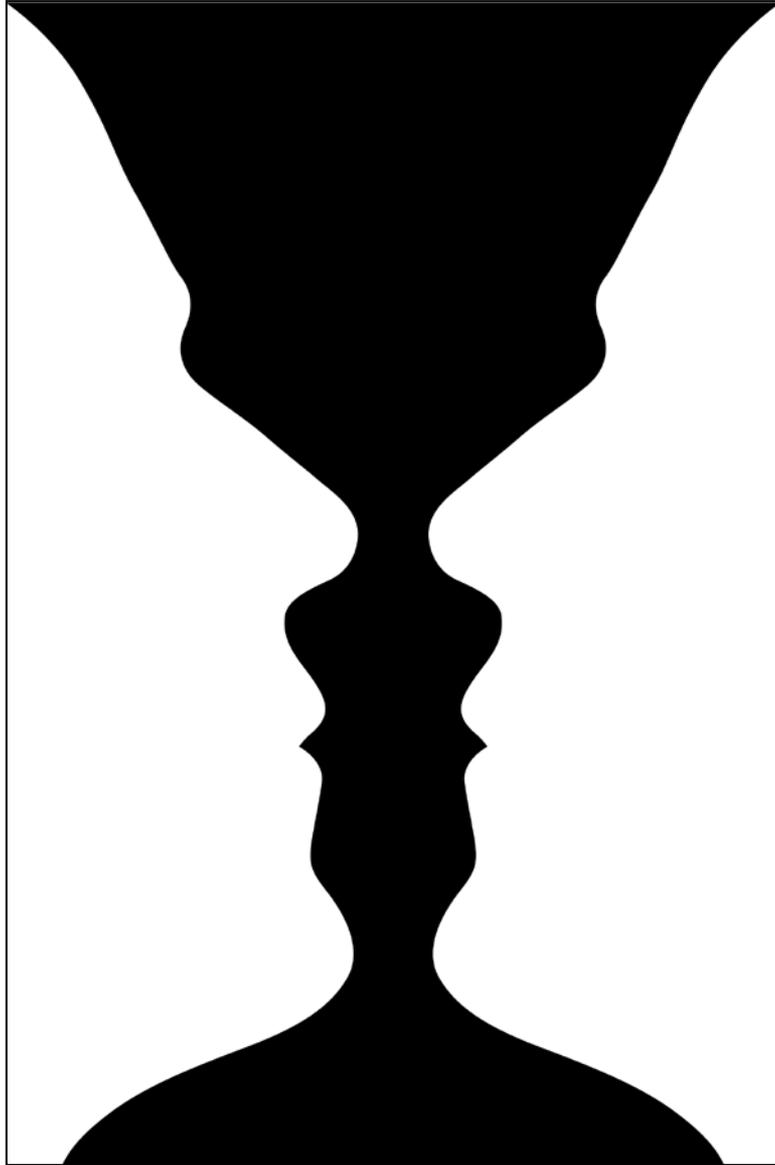
# Growth Mindset



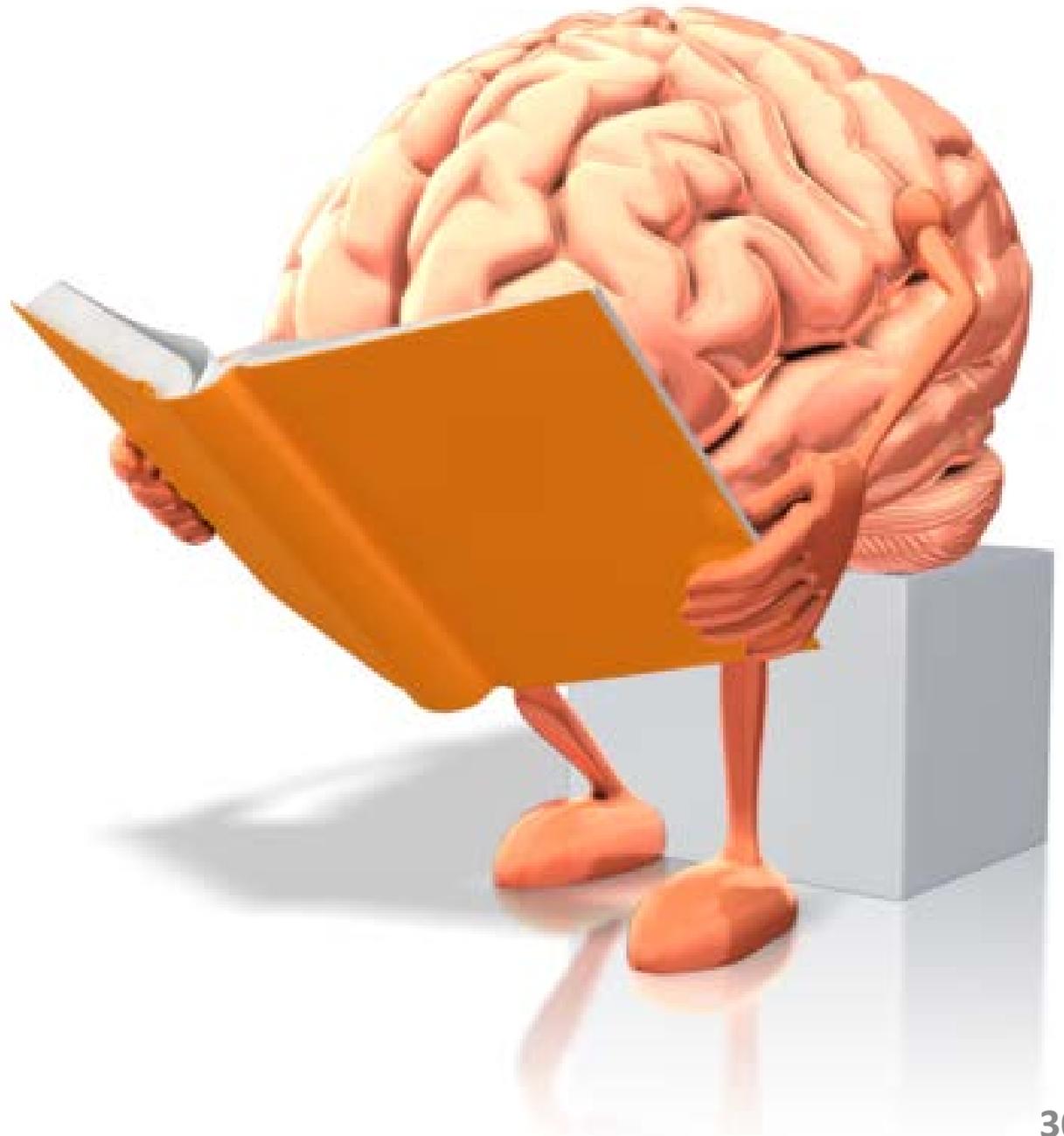
# Strategies

- Re-appraisal
- “Use Your Words”
- Priming
- Social Snacks
- Promote a Growth Mindset

- Engage
- Practice Mindfulness
- Model Willpower
- Teach Brain Savvy
- MOVE!



# Brain Fuel



**Brain  
Power!**





# Thank You!

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