

# Community Education Service **FREE WEBINAR**



## Teens & Risk-Taking: Challenges & Opportunities

Presented by: Heather Cobb, B.Sc., PGCE, AHS

Thursday March 8, 2018  
12:00pm – 1:00pm  
(Calgary Time)

Register: <http://community.hmhc.ca/sessions/?p=online>

Teens are faced with making decisions about many new kinds of risk. Choices about drugs, alcohol, social media, relationships and sexuality can be life changing. Research shows that brain development continues until the mid 20s with the pleasure centre of the brain developing before the judgement centre. That is why teens often do not recognize the risk in the things they do or think about the bad things that can happen. Learn tips and tools to allow teens enough risk to grow yet manage risk so they are safe.