

How to Raise our Children in the 21st Century

By Dr. Nanaz Pirnia



Families Out of Control

The advancement of technology, distractions and attractions, access to unnecessary and too much information, and media pressure is making all of us stressed and causing inattention and anxiety. Parents are feeling out of control with their young ones and communication between family members is almost non-existence. Parents are worried more than ever over the well-being of their younger generation. Adults must find ways to bring the family closer and make time to discuss issues, dangers, and help children understand the consequences of their actions, especially when they are not thinking clearly. It is important for parents to realize that teenagers 15 and up can process information, control impulses and

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will make better decisions if we build strong ties with them and keep the lines of communication open between us. Here are statistics on casual sex, driving under the influence, using drugs and drinking alcohol. Share this information with your children, especially teens. Studies show that even if they pretend not to listen to parents—80% of what you say does stay in their brain and can protect them. Start talking to your children NOW!

Alcohol & Drugs Driving Under the Influence Casual Sex

- Use of tobacco and hookah, may lead to drinking, drugs, alcohol, and exploring other substances and unsafe sex. It can also cause anger, rage, accidents, felonies, DUI, mental disorders and death.
- Alcohol, drugs, inhalants, medications, and any emotional/sexual/physical abuse damages brain cells and effects mood, causes anxiety, depression, mental imbalances and interrupts learning.
- Marijuana is a dangerous drug; not just a leaf. The THC contained is 500% more potent, damages dopamine levels in our brains affecting our mood, short term memory, concentration, motivation, thinking and coordination. If used excessively during the teen years, it causes anxiety, depression, irritability, sleep issues, seizure, eating disorder, paranoia and schizophrenia.
- 80% of students in high school abuse alcohol or Marijuana on weekends to have fun.
- By 12th grade, 8 out of 10 students have used alcohol and Marijuana.
- 11% of the young who die in car accidents have used Marijuana.
- 50% of the rage, anger, fights, accidents and deaths of our teenagers are caused by alcohol and drugs.
- 9% of 12th graders use Marijuana every day.
- 28% of high school students drink 5 glasses or more of alcohol to get drunk.
- In the 60's we had 4 million addicts, today we have more than 30 million.
- Drunk driving or buzzed driving is the #1 cause of death between the ages of 10 and 24.
- Playing violent video games can increase aggressive behavior and anxiety and desensitize the brain towards danger and cruelty.

Substance Abuse Factors & Brain Mapping

Today we know why the young generation is abusing substance. Factors include: genetic, poor parental control or role models, dysfunctional family system,

lack of confidence-love-attention, stress-fear-anxiety, extreme availability, media and peer pressure, or the imbalances of the brain cells.

Scientific studies of the brain and "brain mapping" measure to find how brain cells are connected. 70% of feelings, thoughts and actions depend on how well brain cells are communicating. **The Left Hemisphere** is responsible for learning, logic, math, reading, writing and IQ. **The Right Hemisphere** is responsible for emotions, cravings, creativity, wisdom, understanding danger, having empathy and EQ. **The Back Of The Head** is for memory and emotion. **The Front Of The Brain** is responsible for decision making, good judgment, good CEO, and thinking before taking action. The brain begins maturing from the back to the front of the head and the crucial time of brain cell maturation is between the ages of 12 and 20. That is why in teen years, emotion, anger, and frustration hijacks logic and control. Teens drive fast, can't control their anger, act first and think about consequences later.

Drugs Pass Through Brain Barriers In Three Seconds

They make us feel good, but gradually destroy all of our natural "happy" hormones leading to addiction. Adding to the dilemma for teenagers—this is also the time hormones are kicking and sleep schedules are off because there are not yet enough sleep hormones in the brain. Teens become very sensitive about their identity and appearance. If you use drugs, alcohol, inhalants, medication, spend long hours playing video games or are on the internet for extended periods of time, you are interrupting the maturation of brain cells and are basically "cooking" your brain.

Teens live in trying times; their brains are overwhelmed. They need communication, love, respect and patience to be logical and learn empathy. They need support, guidance, discipline, and supervision to become successful in life. As parents we have a serious responsibility to direct and raise our children with love and discipline to help them from becoming lost in a world of technology. The decision is ours. We have many choices every second of our lives. You have the facts. The rest is in your hands.

The Mind Therapy Center

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