

STRONG BRAIN Healthy Choices



Know Your Neuro

Students Need Help Now

The prevalence and diversity of high-risk behaviors among students are increasing. In an era where corporate marketing and business interests often diverge from young peoples' public health and neurodevelopmental needs, KnowYourNeuro aims to enlighten both young people and their caregivers with the latest neuroscience regarding the impact of high-risk behavior on the brain.

Comprehensive

KnowYourNeuro offers a complimentary online platform designed to empower schools, parents, and caregivers to connect with children and teens through brain-centered content and activities aimed at fostering social and emotional growth. It features a variety of engaging videos, classroom activities, planning tools, communication resources, and tailored curricula suitable for implementation across schools, group sessions, one-on-one counseling, or independent learning.

Consistent

Prevention works, if implemented consistently. Educational institutions, healthcare providers, parents, and caregivers can select a topic or skill to focus on each week or every other week, whether in the classroom or at home. There are video resources catering to students from K-12 grade, accompanied by one-page activity guides, facilitating age-appropriate education for teachers and caregivers.

'We have a responsibility to be our children's frontal lobes until they grow their own.'

Crystal Collier, PhD, LPC-S
author of *The NeuroWhereABOUTS Guide*
creator of KnowYourNeuro.org

Topics & Skills

- Alcohol use
- Binge drinking
- Pornography use
- Suicidal behaviors
- Self-injury
- Dating violence
- Marijuana use
- Tobacco use
- Gambling
- Illicit "street drug" use
- Driving under the influence
- Risky sexual behavior
- E-cigarette use / Vaping
- Bullying / Cyberbullying
- Eating disorders
- Video game addiction
- Technology overuse

- Abstract, conceptual reasoning
- Judgment & decision-making
- Emotion regulation
- Empathy
- Frustration tolerance
- Coping skills
- Problem-solving
- Relationship skills
- Self-awareness.
- Self-(impulse) control
- Self-management
- Social awareness

Deploy KnowYourNeuro in your school! Go to www.knowyourneuro.org to learn more.