

STRONG BRAIN Healthy Choices



Know Your Neuro

Program Description

Know Your Neuro is an online prevention and skills building program designed to teach the neurodevelopmental effects of risky behavior and build the skills necessary to resist them. Created by Dr. Crystal Collier, LPC-S, therapist, prevention researcher, and author, who believes prevention programming should be free and widely available to the public. Know Your Neuro stays timely and relevant by creating brain-based content about the high-risk behaviors young people face today and activities to grow executive functioning skills.

Target Audience

Know Your Neuro curriculum empowers students, parents, school administrators, and counselors with weekly evidence-based neuroscience they can use at home, in the classroom, or during counseling sessions with students in grades K-12. Currently, over sixty school districts in the US and UK are implementing Know Your Neuro curriculum and thousands of individual families are utilizing the platform.

Funding Needs

Prevention works, if implemented consistently. To maintain and consistently foster social and emotional growth, check out Know Your Neuro funding needs below. Donations can be made at www.knowyourneuro/donations.

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| • Webhosting & maintenance | \$5000/year |
| • Paid student internships | \$1000/student per semester |
| • School prevention training | \$5000/school |
| • Curriculum language translation | \$4000/all videos and handouts |
| • App development | \$45,000/prototype & final app |
| • Children's book graphic design | \$3800/book |

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

'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* and
Know Your Neuro: Adventures of a Growing Brain Children's Books
creator of KnowYourNeuro.org

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