

STRONG BRAIN Healthy Choices



Know Your Neuro

Program Description

Know Your Neuro (KYN) is a prevention and skills building ecosystem offering brain-based prevention and education designed to reduce risky behaviors by increasing neurodevelopmental literacy and shifting perceived risk among youth. Through a free, online platform designed to empower schools, parents, and caregivers to connect with children and teens, KYN content aims to foster executive function development via engaging videos, classroom activities, planning tools, parent engagement events, social normative poster campaigns, and tailored curricula suitable for implementation across schools, group sessions, one-on-one counseling, or independent learning at home for three age groups (K-2, G3-5, G6-12).

Pre and Post Surveys

Know Your Neuro utilizes short, repeatable student survey plus brief implementation checklists to show pre-post change and fidelity, which aligns with evidence-based guidelines established in prevention science and SAMHSA standards.

Measurable Impact

Know Your Neuro's impact is measured in 3 content domains:

- **Knowledge:** 3–4 multiple-choice or true/false items about core neuro concepts
- **Executive Functioning:** 5–7 Likert items assessing planning, impulse control, emotional regulation, and organization, adapted from school-based EF assessments and brief executive function checklists.
- **Behavior Intentions and Help-Seeking:** 3–4 Likert items on intentions to use skills (pause, plan, ask for help, limit risky behaviors).

These measures assess the goal of the KYN program to increase skills and reduce high-risk behaviors. Schools and research institutions are encouraged to add standardized EF rating scales such as the BASC-3 EF or BRIEF-2 indices, or other measures as seen fit to tailor research for specific populations.

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
creator of KnowYourNeuro.org

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