

Teen Brains Are Not Fully Developed

As any parent knows, teenagers are works in progress. They do not have the same abilities as adults to make sound judgments in complex situations, to control their impulses, or to plan effectively for the long term. Recent brain science has been able to demonstrate why it is that adolescents act the way they do.

What science tells us is that the brain architecture is constructed through a process that starts before birth and continues into adulthood. During adolescence, the brain undergoes dramatic changes to the structure and function of the brain impacting the way youth process and react to information. The region of the brain that is the last to develop is the one that controls many of the abilities that govern goal-oriented, “rational” decision-making, such as long-term planning, impulse control, insight, and judgment.

The downside to these brain changes is that this means that youth are particularly vulnerable to making the kinds of poor decisions that get them involved in the justice system. By examining age-

specific arrest rates we can see that youth is a time characterized by delinquency that then sharply drops off. In fact, engaging in delinquent activities is a normal part of the adolescent experience. Almost all of the readers of this report will likely be able to recall participating in an activity during their adolescence that violates at least one criminal law today. It is also true that for the vast majority of readers, these activities were temporary and did not indicate that they would become lifelong offenders.

The upside of this brain research is that the rapid growth and development happening in adolescent brains make them highly elastic and malleable to change. The relationships made and behaviors learned during this crucial developmental stage are hard-wired into the brain architecture and help determine long-term life outcomes. When young people hit a rough patch, guidance from responsible adults and developmentally appropriate programs, services, and punishment can get them back on track.

The juvenile justice system is based on this science and provides troubled adolescents with mentors, education, and the guidance to help most of them mature into responsible adults. In contrast, warehousing minors in the adult system ensures that they will *not* have guidance from responsible adults or have access to age-appropriate programs, services and punishment to help build positive change into their brains during this crucial developmental period. Instead, they will face the reality of having a permanent criminal record and the increased likelihood of becoming career criminals. This is not the outcome we want for America’s children.

