



Session 3

Urban Legends 3: Real Men Do Dumb Things

Teenage boys do dumb things. That's a fact – not an urban legend. This is partly due to their brain development. It is partly due to their friends. And it is partly because of the urban legends surrounding masculinity and alcohol and other drugs, and risky behaviour.

In this session, our presenter will discuss the following with the boys:

- Basics about boys' brains
- How peers influence behaviour
- Why boys take risks, and how it affects them
- Whether the cool kids are really getting smashed every weekend
- What research tells us about alcohol and other drug consumption for teen boys

Anticipated outcomes:

- Boys will have specific things to say to limit peer influence

- Boys will have increased awareness of how unpopular alcohol and other drug consumption really is
- Boys will understand the brain science of poor decision-making and the 20,000 year old brain.
- Strategies and tools to modify their decision making skills.