

# The Clay Center for Young Healthy Minds

Strengthening families through education.



October 2016

Dear Elizabeth,

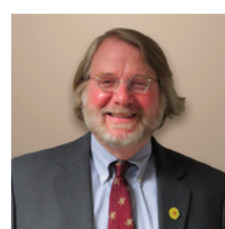
It's October - which, in the world of the average American teenager means plenty of spooky fun, homecoming fanfare, and...distracted driving? Since the beginning of the year, Dr. Gene Beresin has served as the senior advisor on adolescent psychiatry to SADD (Students Against Destructive Decisions), which has a long-standing partnership with Liberty Mutual Insurance on its Teen Driving Study. This year's iteration of the study focused on the impact of app usage in teen driving, and incorporated for the first time the Harvard implicit association test to capture not just what teens say they do, but what they truly feel and believe in the moment. One of the concerning findings? While **95%** of the teens surveyed acknowledged that mobile app usage behind the wheel is dangerous, **68%** admitted to using apps while driving. To learn more about this and other findings from the study, as well as how to discuss the issue of safety with your teen, check out Dr. Beresin's blog on [Psychology Today](#).

Another trend in young people? Moving home with Mom and Dad, a tendency that has led the 75 million millennials (those aged 18 to 34 years old) to be coined the "boomerang generation." There are a number of reasons for this, not the least of which include soaring rent prices and increased competition for jobs. Dr. Ellen Braaten addresses what a move home means for child and parent in a recent interview with [Greater Boston](#).

Lastly, with Halloween fright season in full effect, Dr. Steve Schlozman has become a regular fixture in the media for commentary on the creepy clown sightings sweeping the nation. As the instructor of a seminar for Harvard freshmen on the neurobiology of horror, Dr. Schlozman is uniquely qualified to shed light on why we find clowns so frightening; in fact, you can click [here](#) for some of his insights on the topic.

From all of us at The [Clay Center](#), have a spook-tastic (but *SAFE*) Halloween!

## WHAT'S NEW



Dr. Beresin on the role that mobile apps play in distracted teen driving

[Read the article](#)



Dr. Braaten speaks to Greater Boston about the trend of millennials moving home

[Watch the video](#)



Just in time for Halloween: Dr. Schlozman explains why we find clowns so creepy

[Read the article](#)



### Ask Us!

We want to hear from you about any questions you have or topics you would like us to address.

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## HOT TOPICS



### [Sexual Consent: Teaching Our Teens About The Gray Areas](#)

With allegations of sexual misconduct running rampant in this year's presidential election, we at The [Clay Center](#) find it more important than ever to address the issue of consent in the context of sexual and romantic relationships. While it's common knowledge that embarking on a new relationship is oft as confusing as it is exciting, it seems that discussions with teens and young adults about consent typically don't progress beyond the obvious extremes. That is, "yes" to sex from both parties in a relationship, and you have consent. "No" to sex from one or both parties, and you do **not** have consent. However, step away from those extremes, and consent to sexual activity can be muddled, and at times, relegated to a kind of after-the-fact reasoning - made all the more complicated when factors like alcohol and substance use, as well as adolescents' impulsive decision-making come into play. There's no denying that this ambiguity can be dangerous, and so, just because we can't define with confidence the realms of consent outside of extremes, doesn't mean that we as adults shouldn't have frank, honest, and forthcoming discussions with young people about the clearly confusing rules with which we approach sexuality. To do otherwise is to leave teens vulnerable to making sense of these nuances without our guidance.

[Read the article](#)



### [Who Is Qualified To Conduct My Child's Evaluation?](#)

If you're concerned your child may have a learning or attentional challenge, you're able to request a free evaluation for him or her through the school system, or pay out-of-pocket for one with a psychologist in a private practice or hospital setting. As a follow-up to her informative blog series on academic evaluations (previous posts can be viewed [here](#), [here](#), and [here](#)), Dr. Ellen Braaten advises on the different professionals qualified to conduct an evaluation (psychiatrists, pharmacologists, clinical psychologists, educational psychologists, speech and language pathologists, school counselors...) so that you can find, above all, someone who is best able to understand and support your child's unique needs.

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