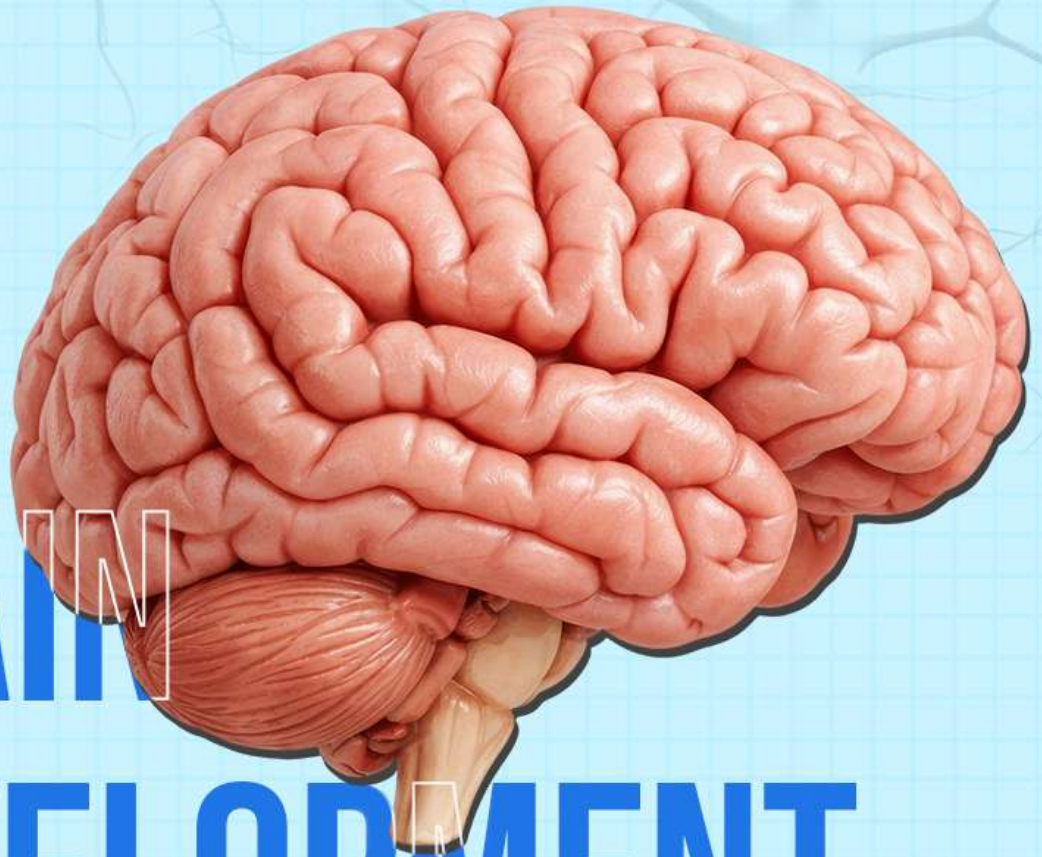


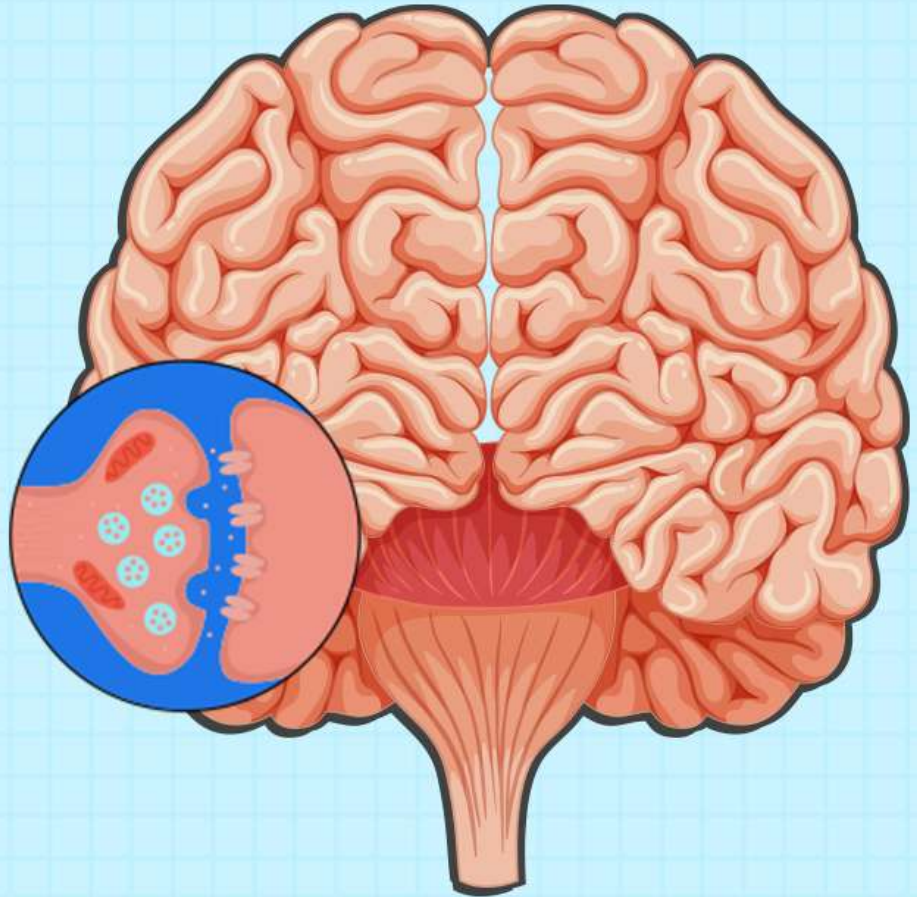


BRAIN DEVELOPMENT

What's Actually Changing?

From synaptic pruning to myelination,
here's how the brain changes as we grow.



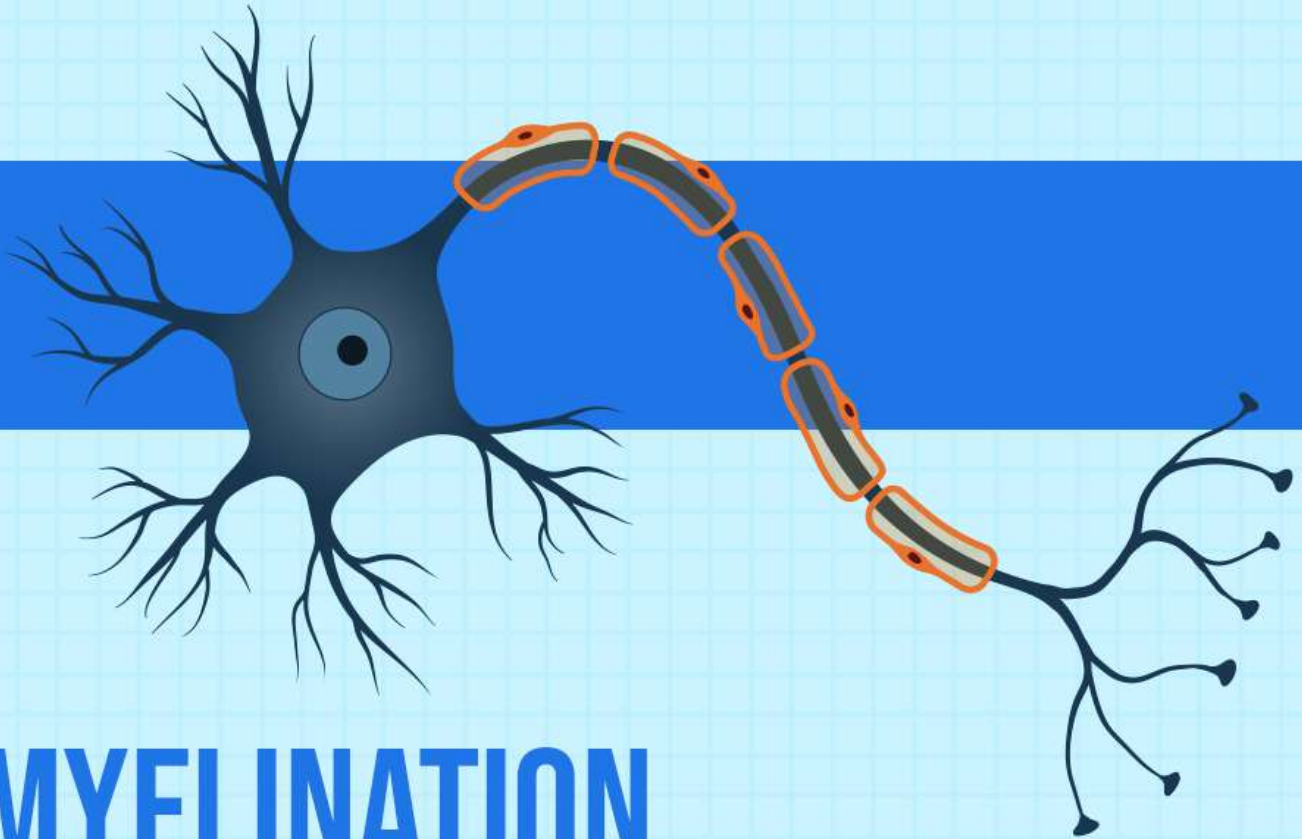


SYNAPTIC PRUNING

Refining neural connections

The brain eliminates some synapses while retaining and strengthening others, helping refine neural circuits.



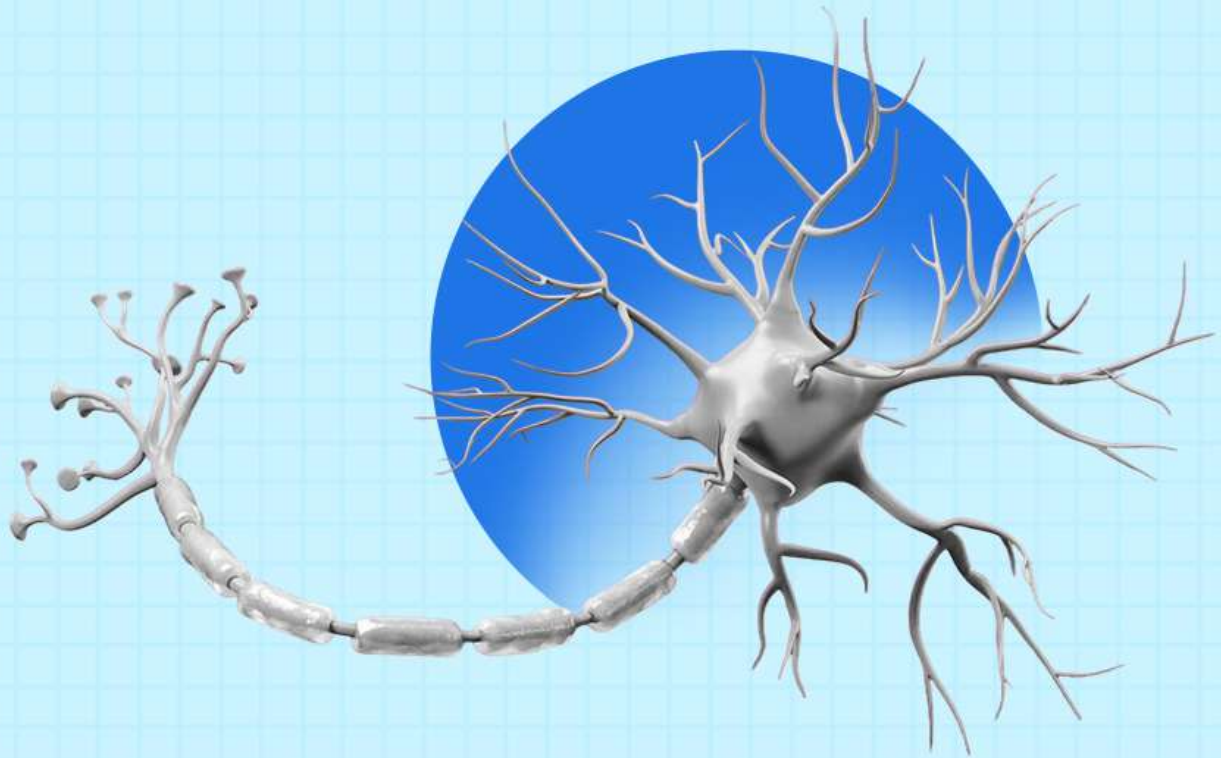


MYELINATION

Speeding up communication

Myelin insulates nerve fibres, allowing electrical signals to travel more efficiently through neural pathways.



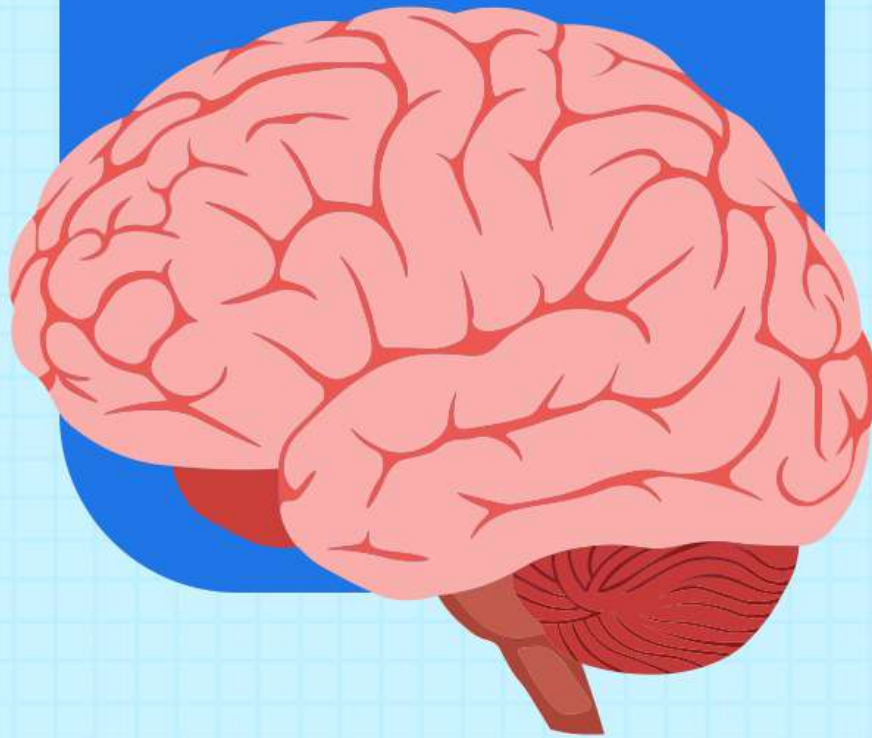


SYNAPTOGENESIS

Forming new connections

Neurons form synapses that allow them to communicate. This process is especially active during early development and continues in response to learning and experience.



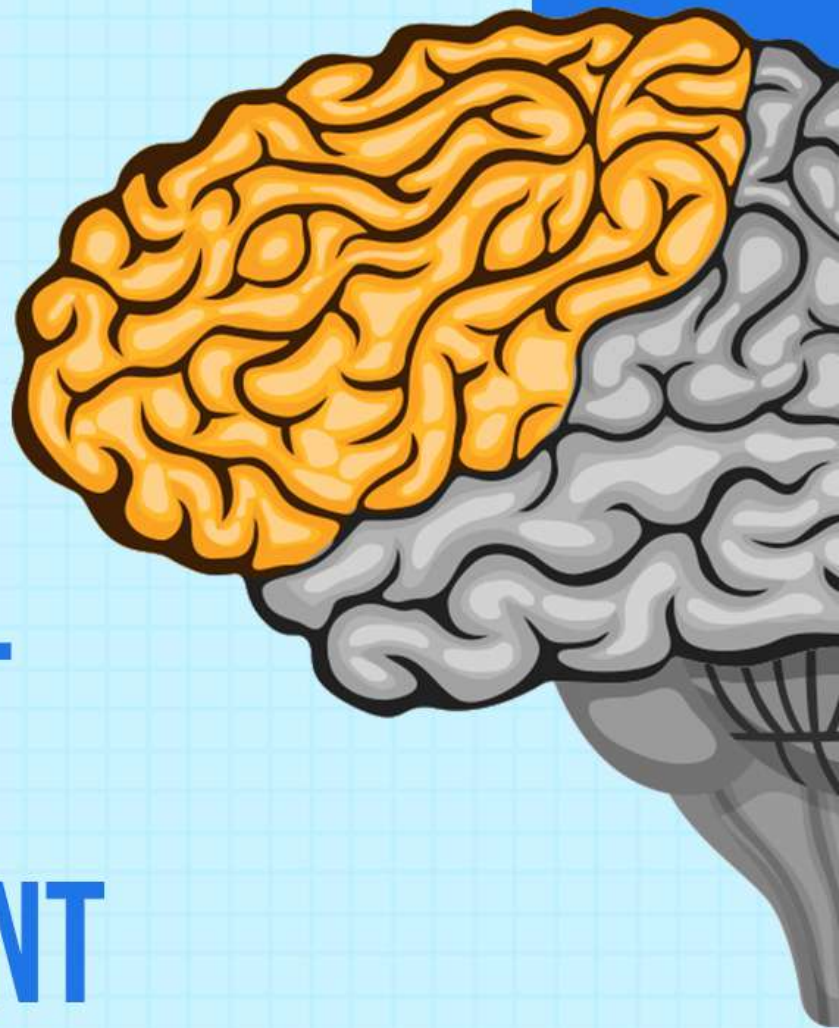


EXPERIENCE-DEPENDENT PLASTICITY

Learning reshapes the brain

Neural connections can change in strength and organisation with experience. Repeated activity can strengthen certain pathways, while others may weaken.





PREFRONTAL CORTEX DEVELOPMENT

Building executive control

Changes in the prefrontal cortex and its connections support the development of planning, working memory and inhibitory control throughout adolescence and beyond.



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