

Adolescence & Social Issues in Agenesis of the Corpus Callosum (ACC)

One-Page Parent Guide

Based on the work of Lynn K. Paul, Ph.D. & Janiece Turnbull, Ph.D.

Why Adolescence Can Be More Challenging

- During adolescence, typical teens increasingly rely on the corpus callosum for complex thinking, emotions, and relationships.
- Teens with ACC may begin to lag behind peers as social and cognitive demands increase.
- Previously subtle differences may become more noticeable.

Common Challenges

- Social: Reading social cues, understanding unwritten rules, vulnerability to bullying.
- Emotional: Mood swings, frustration, sadness.
- Self-Awareness: Limited insight into social difficulties.
- Independence: Needs explicit instruction for daily living skills.
- Thinking: Literal thinking, difficulty with abstract concepts and 'why'.

Strategies That Help

- Be explicit with expectations and social rules.
- Teach life skills step-by-step with repetition.
- Prepare for new situations before they happen.
- Use predictable routines and visual supports.
- Praise effort and celebrate small successes.

Main Intervention Goals

- Minimize novelty and complexity.
- Increase predictability.
- Reduce stress.
- Teach sequentially.
- Repeat, rehearse, summarize, and reinforce.

Parent Mindset

- Plan conversations ahead of time.
- Be patient, creative, and flexible.
- Use your child's interests as motivation.
- Focus on progress rather than perfection.
- Independence develops differently for every child with ACC.

Key Takeaway

- Success comes from making the invisible visible through explicit teaching, predictable routines, and patient guidance.