

Navigating Adolescence Presented By: Safeteen

As parents and educators we may feel afraid and, at times, powerless as our children move out from under our protective wing and begin to navigate the dangerous terrain of adolescence. Sex, drugs, violence, eating disorders, bullying, suicide, drinking and driving...and the uncharted territory of the Internet. We are holding our breath, hands over our eyes, peeking out between our fingers. We can see our teenagers teetering on the brink of a precipice, arms outstretched. Our media and TV-culture fed youth are perched in precarious denial armed with the "Immortality Syndrome" (That could never happen to me!). It is clearly not enough to tell our teens over and over that violence is not acceptable, and to advise them to report it, to just walk away...(the two things that teens tell us they won't do!) It is clearly not enough to say, don't do drugs, abstain from sex / use condoms / stop bullying. We need to be able to teach our children how to negotiate these potentially life-altering moments – how to say 'no' and handle peer pressure. How to walk away without giving up their dignity. How to access the part of themselves that can make wise choices, even in the heat of the moment.

The focus of this presentation for parents and professionals will be to give you an overview on the skills which we pass on to your teens and pre-teens in the numerous programs which we deliver. Skills which empower and enable our youth to cope with the verbal, emotional and physical threats that they are exposed to every single day.

When: April 29, 2021 6:30pm – 8pm

Register in advance for this workshop:

<https://ca01web.zoom.us/meeting/register/u5wgd-yvqTwsH9xqvRvcETNWNDdRN2fbsvRi>

After registering, you will receive a confirmation email containing information about joining the workshop.



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PRESENTED BY:
SAFETEEN VIA ZOOM

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Email questions for Safeteen ahead of time to:
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School Wellness

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