

## SUGGESTED TOPICS FOR PARENT EDUCATION

- **How to Raise Kids to Have Grit & Resilience**  
Gain practical and easily implementable ideas to help your child to be resilient and bounce back from disappointments, setbacks and failures.
  - **What Kids Wish Their Parents Knew/ What Teens Wish Their Parents Knew**  
Hear insightful answers KIDS TELL US in response to this question and learn how you can use this information to parent more effectively.
  - **Strategies for Being Your Child's Go-To Person**  
Gain effective communication tools to build a stronger, healthier relationship with your kids. Learn ways to keep open (or reopen) lines of communication so *you* are the one they turn to for answers. Great for any age.
  - **Preparing Your Child for College – *Beyond the Academics***  
We will discuss the admissions process with an expert as well as ways to prepare your child for a successful transition into adulthood and the freedoms and changes of college life. Equip yourself with tools for a coaching role and explore how to help your child move into this exciting and more responsible phase of life.
  - **Kids and Their Screens OR What to Know Before You Get Your Child a Smartphone**  
An eye-opening talk on parenting in a digital world; hear about the influence social media has on our kids and learn how to set limits and monitor use.
  - **Vaping, Marijuana, Drugs & Alcohol:**  
Learn about these rising teen trends while gathering tools on how to help your kids make healthy choices. Also, come for a dose of encouragement and insight on what to do if you find out your child has already engaged in these dangerous trends.
  - **Connecting With Your Kids When They're Hurting**  
Discussion about the mental health challenges of today's children and teens and how we can support our hurting children. A focus will be on utilizing supportive communication styles, when to seek help, and much more.
- WORKSHOPS for Parents AND Students:**
- **Who's on My Side??**  
This powerful workshop helps parents better understand what it is like growing up in the Tri-Valley in the year 2023, and helps students realize parents are on their side. Students share what they are experiencing with their parents, and parents talk about how they can best support them.

*For additional information or to book a presentation contact [julie@teenesteem.org](mailto:julie@teenesteem.org)*