



## Parent-Connect Schedule: 2011-2012

### **Teens and Alcohol Use Implications on Mind and Body**

October 3, 2011

What are the long-term psychological and physiological ramifications of adolescent alcohol use? How can one accurately assess the current teen drinking climate? In this session, top scientific and medical experts delve deep into the adolescent brain, illustrating motivations and circumstances that put them most at risk. Our panel expounds the consequences of alcohol consumption for students through the latest images of damaged brains and cells, providing a clear picture of the negative effects. Leave armed with the tools needed to intervene on personal and communal levels.

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### **He Said, She Said How Men and Women Learn Differently**

November 7, 2011

Traditionally, men are touted as more adept at interpreting math, science and spatial relations; while women are said to excel at responding to philosophical, emotional and sensory data. What is the truth behind these notions? Are their implications universal or an aberration? Research suggests that male and female brains are physically distinct. Join the experts as they discuss current findings and impart tactics to assist teens with crossing true gender barriers. Understand neural development and gain adaptation skills that accord with the natural biology of the brain.

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### **Your Digital Identity's Net Worth From College Admissions to Future Employers**

December 5, 2011

To share or not to share? Tag or no tag? The Internet is an open canvas with infinite potential. Who influences and accesses our cyber identity? How can adults facilitate healthy decision-making? Dexterous teens easily conceal their digital footprints, rendering the task of instilling responsibility seemingly formidable. Learn how digital dossiers are created and their potential implications. Acquire pointers to mitigate negative repercussions and accentuate the positive. Ensure students are responsible net users and leave impeccable impressions with every login.

## **The Battle against Bullying How Bystanders Fit into the Equation**

January 2, 2012

Effectively responding to the bully, the bullied and the bystander to appropriately sanction, curtail and educate is a challenge. Does the concept of innocent bystander exist? Can students be held accountable for what they share or not share with an adult? In this session, we examine how peer relationships are shaped and their influence on those who witness bullying. Our panel explains the fundamentals of proactive prevention strategies. Garner helpful tips to teach teens to intervene with confidence. Bystanders can assume the important role that will end this pervasive practice.

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## **Additives, Preservatives and Flavorings Defining Nutrition in a World of Chemicals**

February 6, 2012

How do pesticides affect our health? What foods do adolescents need to thrive? Selecting the most salubrious food items from the plethora of choices can be arduous. Supermarkets are rife with the unhealthiest options. Busy schedules and unclear labels force us to purchase packaged dinners. Discover what research indicates about the foods that benefit teen wellness in an age of chemical enhancements. Our experts impart a didactic schema for discerning the nourishing from the virulent with skill and ease. This session is the panacea for your meal-planning woes.

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## **Living on the Edge Sports, Drugs and Risk-Taking Behaviors**

March 5, 2012

Do correlations exist between competitiveness on the field and the propensity to push the safety barrier? Do drugs and extreme behaviors stimulate the same areas of the brain activated during athletic activity? Scientists are beginning to uncover how related activities excite equivalent neural transmitters and brain regions in young adults. Join our panel as they share current data and highlight trends on athletes, drug use and risky behaviors. Help student athletes make sound decisions and resist impulsive urges.

## **Cracking the Code Quality Communication in a Technological World**

April 2, 2012

Teens text and tweet with fingers fast and furious. What are they really sharing? How does the surge in technology influence the social and academic growth of young adults? When students have a penchant for digital interactions over face-to-face encounters, navigating the teen relationship culture becomes exceedingly enigmatic. Our experts outline quality correspondence in a world defined by quantity. Understand how to foster mature communication in adolescents to avoid haunting photos, wanton statements and embarrassing lingo slip ups.

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## **I'm Totally Stressing The Quest for Balance**

May 7, 2012

How can adolescents cope with anxiety to thrive personally and academically? With perceived expectations to be valedictorian, varsity athlete, editor of the newspaper, best friend and beloved family member, balance seems unattainable for many students. Teens must learn to juggle myriad responsibilities and avoid pitfalls at a young age. Join the experts as they delineate how students can set reasonable limits and effective expectations to reduce stress and promote personal wellness. Imbibe strategies for striking a healthy balance.