Safeteen Presents: Navigating Adolescence

In-Service for Parents and Professionals on Youth Culture and Violence Prevention

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 bulling*. 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 the acquisition of concrete skills - skills to use and to pass on to the teens we live and work with. Skills, which empower us as adults and enable our youth to cope with the verbal, emotional and physical threats that they are exposed to every single day.

Parent/PAC Presentation
Brooksbank Elementary – 980 13th St. E, North Van V7L 2N2
Tuesday, April 25th, 2017
6:00pm-7:00pm

Safeteen promises you an inspiring and educational evening.
You won't want to miss this!

"Teaching our children to make choices from a place of inner wisdom can be the best prevention strategy of all." - Anita Roberts