

## **NEW!! Parent Roundtable Discussion and Information Night!**

### **“The Care and Keeping of Your Teenager”**

Join us for an informal hour of information, sharing and discussion on handling the many changes of your adolescent. Discussion topics include but are not limited to:

- Navigating the physical and emotional changes during adolescence
- Teaching the life skills tweens and teens need to survive middle school
- Learning the science behind the unpredictability of adolescents
- Dealing with conflicting impulses and risk-taking
- Allowing teens to assert independence and build an identity away from parents
- Understanding changes in friendships and family relationships
- Recognizing the influence of social media and technology use

#### **Presenters:**

**Janet Hess** has been a nurse for 40 years, mostly pediatric, family and public health and involved in education for 25 of those years. She holds an A.A.S. in Child development, a B.S. in Nursing, Certified School Nurse and a M. Ed. She is currently the CSN at TVMS.

**Jennifer Moyer** has been in education for 27 years. She holds a B.S. Health and Physical Education, an M.S. in Health Education, and an M.S. in Social and Emotional Learning. She is currently the Middle School Health and Physical Education teacher, Student Advocacy Coordinator, and Restorative Practice Trainer.

**Thursday, March 23**

**6:30-7:30 PM**

**Adults only, no childcare provided.**

**Light refreshments served.**

**Location: TVMS Library**