



2022-2023 PARENT INFORMATION SERIES

ALL PRESENTATIONS WILL BE HELD IN PERSON AT THE EAST MIDDLE SCHOOL AUDITORIUM AS WELL AS LIVE STREAMED VIRTUALLY.

Cyberbullying and Digital Media Use: What Parents Need to Know

November 16th, 2022 at 7:00PM



Although technology and social media use can be positive for many teens, problematic media use and cyberbullying can be a concern for many parents, educators, and other professionals working with adolescents. This presentation will provide an overview on technology and social media use among children and teens, with a focus on cyberbullying. Specific strategies and resources will be shared for parents to prevent cyberbullying and promote safe and respectful behavior in online spaces.

Dr. Stephanie S. Fredrick
Associate Director, Alberti Center
for Bullying Abuse Prevention

Being Positive for Our Kids: Promoting Social Emotional Strengths

February 1st, 2023 at 7:00PM



Interdisciplinary research from the fields of education and psychology make it clear that we should be focusing on the social emotional health of children and adolescents. Social emotional skills create a sense of accomplishment, contribute to satisfying relationships, enhance the ability to cope with stress, and promote social and academic development. This session will describe the concept of social emotional learning, the importance of strength-based approaches, and what parents can do to enhance the social emotional strengths of children and adolescents within home or educational settings.

Dr. Stephanie S. Fredrick
Associate Director, Alberti Center
for Bullying Abuse Prevention

Helping Your Child Manage Anxiety

April 26th, 2023 at 7:00PM



Dr. Meichenbaum will provide information to increase understanding of anxiety and the tools to help your child manage it. He will also discuss what parents may be doing that perpetuates anxiety, simple ways to help children take charge and ways to coach a child through anxiety.

David L. Meichenbaum, Ph.D
Licensed Clinical Psychologist,
The Summit Center.