

Freshman and Sophomore Parents

Please join us for

Adolescent Psychology: The Parent Version

Wednesday October 11, 8:30-10am

BHS Martin Luther King Room

A social worker, author, and popular speaker, this presentation by parenting specialist Joani Geltman will cover a wealth of helpful information followed by a short Q & A



Topics will include:

- How the brain affects your teen's behavior – the thinking brain vs the feeling brain
- Productive strategies for arguing - *The Four Ways of Fighting*
- Effective strategies for keeping adolescents safe as they explore the new world of teen life
- The inner workings of teens and social media
- 10 simple, concrete tips for those daily moments of stress when you wish you knew the right thing to do and the right thing to say

Presented by

**Brookline Public Health and Human Services & B-PEN (Brookline Parent Education Network)
and the 9th and 10th grade PTOs**

B-PEN



BHS PTO