

April 2022, Tuesdays @Noon, Virtual, Free to the public

PARENT EMPOWERMENT SPEAKER SERIES

“Strengthening Youth by Empowering Parents”

April 5th



LOVING THE TEEN YEARS, By **Aimee Rust, MS, LCPC, LMFT**

Aimee will guide parents in successfully engaging and connecting with their children. She will address some of the barriers to connection during the teen years including peer influence, technology and social media, and a desire for independence. She will provide tools to address these issues in ways that can lead to connection while still celebrating teens' individuality. Above all, parents will leave this session feeling hopeful about their relationships with their teens.

April 12th



HARMFUL TRENDS AMONG MONTANA YOUTH, By **Stacy Zinn, Resident Agent in Charge, Montana Drug Enforcement Administration & Chris McClure, Agent/Montana Internet Crimes Against Children Task Force Commander**

In this presentation, Stacy and Chris will address harmful trends among youth in Montana, including drug use and internet crimes against children. They will specifically emphasize how technology facilitates these problems and the role youth play in victimizing themselves and their peers. Parents will come away with tools and resources to give them hope for addressing these daunting challenges.

April 19th



RAISING MENTALLY HEALTHY KIDS, By **Matt Leavenworth, MA, LCPC**

In this presentation, Matt will provide parents with information and understanding about the risk factors for mental illness and teen suicide, including the role that technology plays. Parents will come away with strategies and interventions they can do with their children in the home. Matt will also cover finding and creating supportive and compassionate communities for parents to engage with.

April 26th



PROTECTING CHILDREN FROM ONLINE EXPLOITATION, By **Brittany Homer, MS, CFLE**

It is becoming more and more difficult to protect children from the traumatizing adult content found online. Exposure to this material can lead to abuse, addictions, acting out, and more. Since protection begins with education, Brittany will offer information and resources parents can incorporate into their families to empower their kids to make safe choices online.



Register at **MediaSafety.org**



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