



*Helping youth and families learn the skills they need to be more successful at home, in school, and throughout the community.*

## **Speakers Bureau Topics**

*Seeking a different topic?*

*Connect with Education Coordinator, we can help!*

### **Behind the Screen** *(for parents, caring adult, youth, service groups, professionals)*

Youth and adults alike are immersed in social media attached to us 24/7 through our smartphones. In this session you will learn how teen brain development is literally being re-wired to be hooked to their smartphones. Attendees will recognize how time on our smartphones pulls us away from other healthy habits and the impact it has on our physical and emotional well-being for our youth and ourselves.

### **Gone in the Game** *(for parents, caring adult, youth, service groups, professionals)*

Do you find your child playing videogames for hours on end? Come to learn about the most popular games played today and what the rating actually means. Attendees learn how continuous gaming affects physical, social, and emotional development. Parents will learn strategies on how to help their child play age appropriate games in moderation and help their child creatively fill their day with other activities.

### **Communicating with Youth~Even When They Don't Want to** *(for parents, caring adults, service groups)*

Do all teens just respond with one-word answers? Does every conversation have to turn into a battle? In this session, you'll learn what age-appropriate communication looks like, how to practice active listening, and gain practical strategies to improve adult-child communication skills.

### **Guiding Children with Discipline** *(for parents, caring adults, educator's preschool - high school)*

Ever struggled to get your kids to do chores or homework? In this session, you'll learn the difference between discipline and punishment and how to use effective discipline techniques at home in order to hold your kids accountable as they continue to grow and learn.

### **Safeguarding Children** *(for service groups, parents, caring adults, professionals)*

What is an adult's role in keeping children safe? Learn about the types of maltreatment and what symptoms to look for that require action. Attendees will gain resources in how and when to notify experts. Explore the importance of caring for children at a personal, neighborhood, organizational, and community level.

### **Teen Grief Care** *(for service groups, parents, caring adults, school staff, coaches, teens)*

Grief is a normal part of life, but kids and teens grieve differently than adults. Come learn more about the various ways young people grieve and how you can support this process over time.

### **Internal Overload (Teen Stress and Anxiety)** *(for parents, caring adults, service groups, professionals)*

Do your teens or preteens struggle with anxiety or stress? Learn the difference between the two, how to recognize signs and explore ways to help teens manage their stress both in and out of school.

### **When Kids Lose Their Sparkle (Depression)** *(for parents, caring adults, service groups, professionals)*

Did you know that depression in youth is more common than you may think? Come learn the causes and warning signs of depression, and what you as a parent can do to help a young person get their "sparkle" back and when to ask for professional help.

### **Kids in Crisis: Self-harm and Suicide** *(for parents, caring adults, service groups, professionals)*

Learning that your child is self-harming can be a scary thing, but there are things you can do to help. Come learn more about the difference between self-harm and suicide, why kids self-harm, and what you can do when your child needs help.



**Kick the Habit Before it Starts** *(for parents, caring adults, service groups, educators, coaches)*

Being a teenager is hard enough without throwing substances into the mix! In this session, you'll learn the impact substances have on your teen's brain development and their ability to grow and learn. You'll also learn youth substance use trends, strategies to start the conversation, and tips on how to minimize the possibility that your teen will use substances.

**E-Cigs: are they safe? Guide for all** *(for parents, caring adults, service groups, educators, coaches)*

Across the nation, use of electronic cigarettes and other vaping products has increased considerably among both youth and young adults in recent years. In this session, we will share basic information about e-cigarettes and their health risks, explore the reasons behind their popularity, and share resources and strategies for parents. Together, we can support our kids to make healthy decisions!

**Breaking Down the Buzz** *(for service groups, educators, coaches, caring adults)*

Student substance use can be difficult to identify, and when you do identify it, then what? This presentation will focus on the trends of drug and alcohol use in Minnesota schools, signs of use, and resources to help students and families.

**Raising Resilient Kids** *(for parents, caring adults, service groups, educators, coaches)*

What can parents do right now to raise resilient kids ready for adulthood? Learn what to do (and what not to do) to help your child develop the skills and traits they need for a happy, healthy, and successful life.

**Navigating the Rapids of Teenage Relationships** *(for parents, caring adults, service groups, educators, coaches)*

When children become teens, they begin searching for important relationships outside the family. This can be a confusing time for parents. What is normal? How can you support your child while also keeping them safe? In this session, you'll learn how to navigate the complexities of teen relationships, from friendships to dating.

**Healthy Relationships** *(for parents, caring adults, service groups, educators, coaches)*

Relationships can be difficult as people grow and change. Communication, kindness, and respect are essential for healthy marital, parent-child, and sibling relationships. Join us as we learn how to maintain and foster healthy relationships with one another.

**Sexuality and Gender** *(for parents, caring adults, service groups, educators, coaches)*

With billions of us on the planet, we each have our own unique identity. There is a vast range of differences that exist in the human experience of sexuality (sexual orientation) and gender (gender identity). These are complicated concepts to wrap our heads around and misconceptions still exist. Participants will learn basic definitions of terms, experiences of LGBTQ+ youth according to MN Student Survey, and ways to be an ally to the LGBTQ+ community.

**Back to School 101: Tips and Tools for Your Child's Academic Success** *(for parents, caring adults, service groups, educators, teens)*

Are back-to-school transitions difficult for your child? Does homework always become a battle? Do you feel like you never know when or how much to be involved in your child's academics? In this presentation gain a developmentally appropriate perspective on your child's academic success, how to get back into a school routine, and what your role is when it comes to school.

**Merri Guggisberg**

Youth & Family Education Coordinator

Call **651-735-9534** or email [merri.guggisberg@ysb.net](mailto:merri.guggisberg@ysb.net)

