



youth service bureau

Speakers Bureau Topics and Descriptions

If you don't see your topic listed, we can help! Contact us for more information.

Log-On to Social Media

Learn about popular social media platforms and how to help your kids use them safely. You'll also learn strategies for managing online time, how to respond to sexting and cyberbullying, and how social media impacts development.

Tackle Stress and Anxiety

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.

Understanding How Teens Grieve

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.

Guiding Children with Discipline

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.

Kick the Habit Before it Starts

Being a teenager is hard enough without throwing chemicals into the mix! In this session you'll learn the impact chemicals have on your teen's ability to grow and learn. You'll also learn strategies for how to start a conversation about chemicals with your teen.

Communicating with Youth (Even When They Don't Want to Talk)

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 your parent-child communication skills.

E-Cigs: More Than Just Nicotine

E-cigarettes are now being used by people of all ages. Come learn about vaping, what we do (and don't) know about e-cigs, and how kids are using them today.

When Kids Lose Their Sparkle

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.

Navigating the Rapids of Teenage Relationships

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

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.

Breaking Down the Buzz

Student chemical 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 as well as how to identify the signs when a student is using and what you can do to help.

Raising Resilient Kids

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.

Back to School 101: Tips and Tools for Your Child's Academic Success

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.

Kids in Crisis: Self-harm and Suicide

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.

Interested?

Visit www.ysb.net to complete a Speakers Bureau or Lunch and Learn Request Form. Once we receive your request, we'll respond within 5 business days.

Questions?

Call **651-735-9534** or email info@ysb.net