

2nd Annual

STAND & Raise

PARENT EMPOWERMENT SPEAKER SERIES

April 4th



SOCIAL MEDIA SIDE EFFECTS: ADDRESSING RISING RATES OF MENTAL ILLNESS IN OUR YOUTH, By **Mitch Prinstein, PhD, ABPP, Chief Science Officer of the American Psychological Association & Eva Telzer, PhD, Associate Professor of Psychology and Neuroscience at UNC Chapel Hill** Drs. Prinstein and Telzer deconstruct the psychological science on youths' technology and social media use so you can understand what scientists have found, what it means for youth today, and what you can do to help. The results are sometimes frightening, but there is hope, especially if parents, educators, and policy-makers take action now.

April 11th



WHAT EXPERTS WISH PARENTS KNEW ABOUT TECHNOLOGY, By **Detective Mike Yarina, Dr. Jed Walker, Jill Anderson, LCPC, LAC, & Principal Mike Rice**. This panel presentation features a child crimes detective, an emergency room physician, a therapist, and a middle school principal. As "boots on the ground," each of these professionals knows the risks of technology, and has something to share with parents in order to help them put protective factors in place.

April 18th



HOW PREDATORS TARGET OUR CHILDREN ONLINE AND WHAT WE CAN DO, By **CASEY JONES, Outreach Manager, National Center for Missing and Exploited Children**. Kids growing up today have so many new risks to contend with online-- sexting, sextortion, cyberbullying, online solicitations, and inappropriate images to name a few. Using examples and strategies from NetSmartz, we will empower parents, guardians, and communities to be more comfortable developing age-appropriate open communication with their children about online safety. These bite-size strategies will equip parents with teachable moments in their daily lives to build critical thinking and decision-making skills in their children.

April 25th



HOW TO CONNECT WITH YOUR CHILDREN IN AN AGE OF DISCONNECTION, By **Ralphie Jacobs from Simply On Purpose**. In this presentation you will learn 3 simple guiding principles for how to connect with your children and proactively fill their emotional needs. Having lots of positive interactions will not only prevent many frustrating behaviors in the future, it also leads to great trust which is essential when helping each other through a complex world.



Tuesdays @ Noon MDT, April 2023, virtual
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