

Workshop Selections

There are 34 workshops to review before making final selections. Please note that some workshops are for identified groups only, such as female student/ female adult pairs, or student/ adult pairs.

The following workshops are open to ALL participants: (1- 13)

#1 Odd Girl Out

Linda Murphy
ABRHS counselor

Have you ever felt like the “odd girl out”? Has your best friend suddenly turned on you? Can you relate to the movie “Mean Girls”? Do you believe there is a difference between girls’ and boys’ aggression? Do you feel isolated in dealing with these issues? This workshop will use ideas from Rachel Simmons’ book *Odd Girl Out* to discuss the nature of girls’ aggression and how it impacts the social development of girls and young women.

#2 Get Ready to Roll or Learn to Use your Brakes

Gayle L. Macklem, M.A., NCSP, LEP
UMASS and Mass. School of Professional Psychology
Author of 'Practitioner's Guide to Emotion Regulation in School-Aged Children'

Is adolescence a time of life when young people experience a *roller coaster of emotions* that place them at risk and give their parents gray hair? Or, is this a normal period of life with *great opportunities* that can affect adolescents' futures? Parents and students will explore emotional development in adolescence together, in this session. We have learned a lot about brain development in recent years, how our rational minds and emotions grow and work together and how we might help that development along by learning to control or regulate our emotions. Students need to know more about hanging on to positive emotions and need strategies for dealing with negative emotions. Parents can help through *emotion coaching* and better understanding this important period of life that can be so wonderful one day and so stressful the next.

#3 Michael Harb

Head Trainer at Gold's Gym, and Former Australian TaeKwonDo Champion

The workshop will start with a brief discussion about the benefits of regular Physical Activity, as well as the risks of maintaining a sedentary lifestyle. The workshop will address research studies directed to both Adults and Children. Michael will show you how to get a workout, and have fun in the process. Games and exercises that you can do with your kids, so you can involve them in your workout, and teach them good habits of staying fit and healthy.

#4 Adolescent Wellness - A Toolkit for Parents and Students

Liza Huber, Dir. of Pupil Services -APS/ABRSD

Explore the essential elements of wellness: family support, positive mental health, and cohesive peer and school culture, as well as factors that interfere -- stress, bullying, and harassment. This hands-on session will share ways in which families become part of a preventative approach for wellness as we think through the different stages of the adolescent. More specifically, we will brainstorm survival tips (what students with or without special needs require for long term success, how parents must embed important messages in their words and actions, and what essential messages students must receive), as a way of promoting an environment that has clear messages of advocacy, respect and caring. Helping parents and students acquire the words and questions they need to have better and more meaningful conversations and insights will aid students to remain engaged in the educational process, effectively negotiate transitions, and ultimately, reduce potentially negative behaviors.

#5 Mind Over Media: Body Image and Self-Esteem in the Media Age

Holly Hemenway, MEDA, Inc

This workshop explores the messages embedded in today’s advertisements and encourages participants to use critical thinking skills when confronted with such images. Topics such as size discrimination, body acceptance, and healthy body weight management as also discussed.

#6 Teaching Body Confidence

Holly Hemenway, MEDA, Inc.

This workshop helps girls and boys better understand how body image is developed and discover new ways to build body confidence. Participants will gain a better understanding of what it means to be assertive and how assertiveness affects body confidence. They will better understand how societal expectations influence body image and gain the tools for self-acceptance. Participants will learn why it is important to identify and express feelings and how physical activity aids body confidence.

#7 Using Substances – Sorting Out the Facts

Sarah Greeley

Lincoln-Sudbury Regional High School

We observe substance use in the media and at family parties, and we hear stories in the hallways at school and on the bus. Some of those observations and stories are funny and enticing. We also hear the "don't do drugs" lecture over and over. We know that there are serious consequences that come from using. What should we believe and why? When is the risk of using too much risk? In this session we will discuss the cultural traps of substance use and the complicated decisions surrounding it.

#8 "Frank Talk about Tobacco use"

Bob Bigelow

Motivational Speaker

Bob Bigelow's presentation is designed to make audiences think long and hard about the risks and dangers of using all tobacco products. This talk uses smokeless tobacco as the core topic to demonstrate tobacco's inherently detrimental chemicals and carcinogens, in addition to the tobacco manufacturers', potentially-misleading marketing strategies. Finally, this presentation is supplemented by many photographs which portray the very raw outcomes of too much tobacco use. As one educator has said, "frank talk, blunt slides...please see it"

Bob Bigelow is an independent, anti-tobacco speaker and the author of "**Let the Kids Play**". He has conducted over 1900 talks throughout New England since 1994 to over 160,000 students, faculty, administrators, athletes and parents; at over 360 primary and secondary schools.

#9 Healthy Meal Makeovers for Busy Families

Liz Weiss, MS, RD

Janice Newell Bissex, MS, RD

This presentation is more than a workshop ... it's a cooking party. Liz Weiss and Janice Newell Bissex, authors of The Moms' Guide to Meal Makeovers and founders of the "Meal Makeover Moms' Club" at www.MealMakeoverMoms.com, are busy parents like you so they understand the challenges of feeding families well and getting meals on the table -- or into the hands of teens -- quickly. The dietitian duo will demonstrate preparing family-friendly recipes (bring your appetites), share healthy and easy-to-prepare mealtime and snack ideas, and discuss how fast food, processed convenience foods, and super-sized portions are sabotaging the American diet. They will also outline new ways to stock a healthy pantry, ideas for adding teen appeal to fruits, veggies and dairy, and offer tips for marketing good nutrition to the whole family.

#10 Building Healthy Relationships: How To Get Your Parents To Do What You Want and How to Listen to Your Kids While Setting Limits

Molly Salans, LICSW

In this seminar we will address the question, what is a healthy relationship? Since building healthy relationships begin at home, we will explore your relationship with your parent/child from a new perspective as well as address friendships and gossip as time allows. Molly Salans, LICSW is an inspired psychotherapist who has been serving the Greater Boston Area for over twenty years. Her private practice, **Healing Connections**, is located at the **Karendyth Holistic Center in Westford MA**.

#11 How To Perform Best Under Pressure

Robert Smith, Ph.D

Improve your ability to concentrate and perform well in school, sports, and at work. Dr. Smith is internationally known for his work with athletes, coaches, musicians, and corporate executives. This program will include the concepts and skills used by top performers to excel in their chosen areas of expertise.

#12 Eat This Not That!

Dave Jacks

Acton Indoor Sports/Catz

Learn the basic principles of eating well and the simplest way to get your kids to eat good foods. This presentation will be interactive and will feature concepts from the new best seller *Eat This Not That*, the non-diet weight-loss and healthy eating solution. David Jacks is the Fitness and Wellness Director for Teamworks Centers located in Acton, MA, and co-founder of Sports and Life. He has worked with professional teams and athletes, corporations, kids and adults to help them achieve their lifestyle goals. David is a regular contributor and advisor to organizations such as Rodale Inc./Men's Health, Reebok International and the International Youth Conditioning Association.

#13 Chill Time

Larry "Doc" Warnock, LMT, CRC

Chill Time is a workshop for all members of the family on how to manage the stress in your life. We all have stress and we all can learn how to keep it from interrupting our lives. We will learn about some tools that help manage stress such as breathing exercises, meditation, visualization and relaxation techniques. Each participant receives a CD with quiet, relaxing music you can download to your ipod or music player and a review manual.

**Workshops 14- 20 are for Adult/Child Pairs only
(Parent and his/her Child must attend together)**

#14 Yoga Connections

Pam Vlahakis

Michelle Laura

Yoga integrates body, mind and spirit using breath work, posture flow, alignment and body inquiry. Both parents and students can enjoy the benefits of this practice, leaving class feeling stronger, more flexible, energized and centered. Yoga is a great tool for stress relief through deep relaxation and assistance in experiencing a meditative state. It may even prepare you to be more open to the teachings to be found in your next workshop today! Wear comfortable, loose fitting clothes and bring a yoga mat if you have one

#16 Teen Guide to Happiness

Dr. Susan Scully-Hill

Department of Human Services and

Rehabilitation Studies at Assumption College This active session will examine and utilize the research-based concepts that lead to happiness. Optimism, positivity, hope and gratitude will be discussed along with other characteristics that lead to health, happiness and wellness. This session will be useful for all teens and their parents as we all strive for happy, healthy existence. Participants will be involved in activities geared toward fostering positivity, optimism and maximizing learning from negative situations.

#17 Personal Safety and Self Defense

IMPACT

This is an interactive workshop for mothers and daughters to address issues of using your voice, building self-confidence, and becoming assertive. *This presentation is for girls and an Adult Family Member.*

#18 Teen Years- Then and Now

Jodi Chu

Acton-Boxborough Regional HS

What is it like to be a teen in the year 2008? How has the experience of being a teen changed over the last several decades? The best way to find out is for those who are now teens and those who once were teens to share their experiences with each other. Come to this workshop for an opportunity to explore many of these changes through a structured teen-adult dialogue based on Ronald Gaetano and Jim Grout's manual [Please Talk With Me – A Guide to Teen-Adult Dialogue.](#)

#19 You Only Think You Know

Christina Granahan

Do you ever hear phrases like, "Special K," "Friends with Benefits," or "Hooking up" and wonder what they really mean in today's teen world? Do you ever wonder what really goes on the lives of seventh graders or what parents think teens are doing these days? This workshop will explore what seventh graders and their parents think they know about each other and what really happens. We will discuss common myths and misperceptions we have about growing up today and what it means for your families. Have fun while we get to learn more about each other!

#20 "What are you trying to say?"

Building Good Communication Between Parents and Children

Jo Patterson, REACH

In this workshop, we will examine and practice the essentials of good communication and discuss the difficulties of talking about harassment and dating issues with your parents/children.

Workshops 21-27 are for Adults only

#21 Cyberbullying

Dr. Elizabeth Englander, Director

Massachusetts Aggression Reduction Center

Recent teenage suicides, destructive behavior and harmful impulsive actions- these are just some of the outcomes that can occur when teens have access to online chat rooms and internet relationships. And this is only the beginning of what can occur while teens are on-line. This parent-only presentation will help parents get up to speed on what is going on with their children when they are on-line as well as some dangerous trends that your children may face in the future of on-line activity. Participants will consider both negative behaviors that your own children may be "trying out" as well as how to help your child cope with any victimization that they may face. Also offered will be concrete tips about how to partner effectively with schools to help resolve bullying and cyberbullying problems. This presentation will offer practical strategies to monitor your child's online activities, and frankly discuss what they may face in the future of virtual worlds. This is information that every parent of a 7th grader **SHOULD KNOW NOW.**

#22 How Parents of Teenagers Can Smooth Out the Ride

Sue Blaney

Author and Speaker

This workshop will be a discussion about WHY parenting teenagers can be emotionally draining for parents, and WHAT parents can do to maximize the pleasure and minimize the pain. We will examine the developmental issues impacting teens and their parents as well as discuss strategies parents can employ to smooth out their ride. One strategy we will discuss is a parent discussion group. Sue Blaney is the author of ***Please Stop the Rollercoaster! How Parents of Teenagers Can Smooth Out the Ride,*** a parent discussion group program in a book. This program is currently being used to guide parent discussion groups all across the country in schools, living rooms, churches and synagogues.

#23 Clued IN, not Stressed OUT

Dr. Alexandra Callen

Principal, ABRHS

We find that a number of our students believe that the only route to success in high school is to enroll in the most challenging courses possible (even if it means overriding their teachers' recommendations for them), earn straight A's and excel in multiple extra-curricular activities. While a certain amount of stress is healthy and productive, too many of our students are simply taking on too much. This workshop will help parents to develop strategies to limit stress, encourage healthy behaviors, help students enjoy their high school experience, and still get into college.

#24 Freedom vs. Limits: Finding the Right Balance

Carol Leandro, PhD

Is your adolescent asking for greater freedom and more privileges everyday? Do you recognize your adolescent's growing need for independence and responsibility, but worry about how far to go in setting new limits? This workshop will be an interactive discussion of how to find the right balance for you and your child, including how to respond to differences among peers and siblings. Strategies for effective communication and negotiation will also be addressed.

#25 Having "The Talk" about Sex and STDs

Dr. Jessica Rubinstein

Acton Medical Associates

This session, presented by a pediatrician with a special interest in adolescent medicine, is designed to provide parents with guidance and information to facilitate the often awkward discussions with a teenager about sex. This forum will discuss when, where, how and why parents should speak to their teenagers about sexuality, sexual activity, and sexually transmitted diseases. Information about patient confidentiality and the legal rights of adolescents in regards to contraception will be presented. Resources for staying up to date on issues related to teenage sexuality will also be shared.

#26 Parenting in the Pressure Cooker: Suburbia

Todd Chicko

Acton-Boxborough Regional HS

This workshop is designed to work with parents to discuss with them what makes this community great. Participants will discuss what adds pressure and stress on our kids. We try and look at what the situation is and discuss strategies to help kids and parents navigate through the next few years

#27 The Emotional Life of the Adolescent

Cynthia Sweeney-Adamchek, MS, CAGS

Nationally Certified School Psychologist

Licensed Mental Health Counselor

Adolescence is known as a time of great emotional upheaval. As the parent of an adolescent, what can you expect in terms of their emotional development and abilities? Is teenage turbulence inevitable? We'll talk about the challenges facing today's adolescents including family dynamics, changing self identity, peer relationships, and stress from various sources including school. We'll also discuss what is "normal", when parents should worry, and how to find help if it is needed.

Workshops 28- 34 are for Students Only

#28 It's all about Friendships.....

Kate Imhoff, LMHC

Therapist at Eliot Center, Concord, Ma

What's one of the most important things in life?

Your grades in school? Which computer games you have?

The kind of clothing you wear? Guess again!!

That's right your friendsRelationships!

Come and play some games/take some personality quizzes,

and see how you rate as a friend. Learn about how to be in

right relationships with others, how to conquer peer

pressure, increase your self-esteem and have fun with

others.

#29 Bullying Is Not A Fact of Life

Chris Poulous

Motivational Youth Speaker

Participants will learn how to spot the warning signs of bullying. Students will also learn what to do if they are being bullied, as well as how to seek help if they are a bully. Some common myths about bullying will also be discussed, as well as the long-term risks of bullying, and how to keep a bullying diary. Students will also "Role Play" specific situations to teach them how to resolve conflicts. This program will help students have empathy for others, and gain confidence in dealing with tough situations that may arise throughout their lives.

#30 THAT's What You Think?

Julianne H. Flynn, LICSW

This presentation will look at common thinking errors and how they influence our behavior and decision making through the use of video, stories, and didactic exercises.

Be prepared to challenge yourself and the way that you think! This workshop will look at biases and stereotypes as well as social and personal influences and the effect on thinking.

#31 Mentors in Violence Prevention

Lindsay Rosenman, Counselor ABRHS

Stephen Hitzrot, Counselor ABRHS

ABRHS Students

Do you know what to do if you see someone being harassed in the halls? Is it OK for girlfriends and boyfriends to insult one another? We'll help you answer these questions and more as we discuss violence and other types of abuse. You will see skits, posters, and participate in activities prepared by ABRHS students and learn how, as bystanders, you can respond.

#32 "Brave New Girls"
(FEMALES ONLY SESSION)

Michelle Dancause

RJ Grey Junior High School

This presentation helps girls understand how body image develops and what affects the growth of a healthy body image. Participants will gain an understanding of how societal expectations, the media, and peer interactions influence body concept. They will learn tools to increase body confidence through physical activity and expressing emotions. Participants will be encouraged to think critically regarding their values and ideals that have helped to shape their evolving body concept. **This session is for female students only.**

#33 The Making of a Leader

David Jack

Acton Indoor Sports/Catz

The world is in desperate need of leaders, it always has been...we know those who have come already, the questions is, whose next and what will they contribute? Do you have what it takes to be a leader? We will explore what a leader is and explore how life balance, good

decision making and overall wellness contribute to the making of a leader This will be an interactive journey identifying traits and examples of leaders, and how to develop this special trait. Role playing scenarios and “the making of a leader” will be highlighted features of the presentation. Dave Jacks is the Fitness and Wellness Director for Teamworks Centers located in Acton, MA, and co-founder of Sports and Life. He has worked with professional teams and athletes, corporations, kids and adults to help them achieve their lifestyle goals. David is a regular contributor and advisor to organizations such as Rodale Inc./Men’s Health, Reebok International and the International Youth Conditioning Association.

#34 Internet Safety

Zora Warren, Ed.M.

How do use the internet safely? Understanding the opportunities and dangers related to the internet is not only important for adults, but also for adolescents.. Participants will learn about online safety and the risks as well as resources and strategies that families can utilize to help keep children safer online.

DON'T MISS THIS EXCITING EVENT!
CLOSING KEYNOTE PERFORMANCE:
CHRIS POULOS, World Champion Bicycle Stunt Rider

Chris Poulos is a leader in the Extreme Sports and Entertainment industry. He is a World Bicycle Stunt Champion, and an athlete who practices what he preaches when he tells kids, “Anything is possible with hard work and a healthy lifestyle.” Using high energy music and commentary, audience participation, and extreme stunts, Chris conveys his message of anti-violence, positive thinking, education, teamwork, and success.