

PARENT FORUMS 2017-2018

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October 30th - Supporting Healthy, Loving Relationships for Teens, Ottoson

November 7th - The Talk, Nora Shine, Ottoson

December 4th - Deciphering the LGBTQIA+ “Alphabet Soup”

February 1st - MAGE Program, Amy Duke (Snow Date February 8)

March 28th - Michael Thompson

PARENT FORUM

Wednesday 9/27 7-8:30 p.m.

Ottoson Middle School

**" NAVIGATING THE CYBER
WORLD "**

Geared for parents, this forum reviews the challenges and dangerous situations that may arise through use of the Internet, social media and smart phones. It is important for parents to be aware of the popular apps, social media sites and programs used by youth online. This workshop explains the issues and possible consequences from cyber bullying, sexting and revealing identifying information to strangers.

PRESENTER: Camila Barrera (DAA)

Middlesex Partnerships For Youth, Inc.

REGISTRATION IS FULL

PARENT FORUM

Wednesday, 10/11 7-9 p.m.

Ottoson Middle School

"Training Active Bystanders"

If you are a bystander witnessing a harmful situation, you have a chance to make. Do you do something? What do you do?

Training Active Bystanders (TAB) helps participants recognize when they are bystanders, analyze situations, and evaluate the consequences for everyone involved. TAB heightens bystanders' power. It teaches how bystanders can interrupt harm doing and generate positive actions by others. Active by-standership does not mean aggression against the harm doer. It means taking responsible action to help people in need instead of remaining passive and becoming complicit. Bystanders gain the competencies they need if they decide to take action when they witness something they feel is unfair, or wrong, or troubling.

Workshop Content The TAB curriculum covers the following:

- Defines the roles of individuals involved in a harmful situation (target, harm doer, bystander) and assists participants in discovering the positive power of bystanders;
- Reveals the universal inhibitors that lead to inaction on the part of bystanders and witnesses when harmful actions are going on and discusses how to overcome them;
- Examines the promoters of active bystandership (moral courage, inclusive caring, responsibility for others, etc.);

- Stresses safety and helps participants develop a variety of intervention techniques;
- Helps participants create action plans to break the inhibitors in the future when they encounter harm doing.

Instruction Style

The 2-hour workshop is interactive, using large and small group activities, brainstorming, and group discussions. The power of TAB comes from the way the program becomes, through conversation, specifically relevant to participants' lives.

*****WORKSHOP will be limited to 28 participants**

PRESENTER: Marion Magill from Quabbin Mediation

REGISTRATION IS FULL

FREE PARENTING WORKSHOPS SERIES



GUIDING GOOD CHOICES-FALL 2017

For parents and caregivers of children ages 9-14
Participation is free, but REGISTRATION IS REQUIRED

***This program is funded
by the Elizabeth and
George L. Sanborn**

SANBORN
FOUNDATION



**Guiding Good Choices (GGC) offers proven techniques
and effective tools to help parents:**

- **Improve communication with their children**
- **Develop healthy family values and behavioral expectations**
- **Control and express anger constructively**
- **Strengthen family bonds and trust**
- **Prevent children from engaging in substance use and other risky behaviors.**

**Monday nights (10/16, 10/23, 10/30, 11/6& 11/13)
from 6:30-8:30**

Whittemore Robbins House (670R Mass Ave).

*GGC consists of 5 workshops, held once a week for five consecutive weeks.
This is an evidence-based program that requires participants to attend all five workshops.*

Please register by email at kdillon@town.arlington.ma.us

True Story Theater, First Step, Arlington Police Department,
AYCC, and Arlington Public Schools
invite you to a conversation about a topic not often discussed



***Encouraging your teen
to have safe and loving relationships***

for High School and Middle School parents

Monday, October 30, 7-8:30pm
at Ottoson Middle School cafeteria

Malcolm Astley will give a short talk on his experience of turning the devastating loss of his 18-year old daughter into a gift of insights for other parents and families. Malcolm has spoken at over 100 high schools, religious centers, colleges, universities, and governmental meetings.

True Story Theater will invite participants to share their thoughts and feelings about how we help our young people stay safe in their relationships. True Story Theater will use interactive, improvisational drama, music, and movement to enact and honor what is shared by audience volunteers. All are welcome. It's fine to come watch and learn from what others share.

Increase your understanding of risks that teens face in controlling relationships with close friends and in dating. Learn how to support them in safe, loving relationships. Take away information on local and therapeutic resources.

Admission free!

This program is supported in part by a grant from the Arlington Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



PARENT FORUM

“THE TALK”

Realistic Strategies to protect kids
from Sexual Abuse

Presented by Dr. Nora Shine

November 7, 2017 @ Ottoson Middle School
7-8:30 p.m. for parents of children K-12

In this forum, Dr. Shine has drawn upon her experience as a child and family psychologist, her knowledge of evidence-based sexual abuse prevention strategies, as well as her experience as a parent, to develop a set of research-driven, realistic strategies that parents and educators can use to prevent sexual abuse of children. Participants feel relieved to know that they can be effective in helping to create safer communities for children.

Dr. Nora Shine is a licensed child psychologist with over 20 years of clinical experience in hospital, outpatient, residential, and school settings. Prior to fulltime private practice, she was a staff psychologist in the Neurodevelopmental Center of Mass. General Hospital- North Shore Children's Hospital. Dr. Shine's predoctoral training and internship in Clinical Psychology were completed through Harvard Medical School. She earned a Ph.D in Counseling Psychology from Boston College, and an M.S.Ed, from the University Of Pennsylvania. She is a member of the American Psychological Association and the Massachusetts Neuropsychological Society.

PARENT FORUM

Monday 12/4 7-8:30 p.m

Ottoson Middle School

Deciphering the LGBTQIA+ "Alphabet Soup"

Lovingly referred to as "alphabet soup", the acronym indicating the many sexual and gender identities seems to grow longer every year. Come hear a panel of speakers discuss their identities and offer suggestions and support to parents, friends and educators of LGBTQIA+youth. There will be a time for questions after the panel, as well as a handout of local and national resources.

PRESENTERS: SPEAK OUT

Speak OUT Boston is a community of speakers working to create a world free of homo-bi-trans-phobia and other forms of prejudice by telling the truths of their lives. They do so by:

Sharing their lives and experiences publicly in order to support those struggling with sexuality and gender identity; talking within the communities they represent about issues that divide us. Speak OUT panelists engage audiences in honest dialogue, and in keeping With the motto "Ask US Anything," invite any questions that may challenge harmful stereotypes and misconceptions.