

Educational Speaker Series for Parents - 2022/2023

Brought to you by BVH School Council

DATE	TIME	TOPIC	PRESENTER OR PRESENTING ORGANIZATION	DESCRIPTION
THU DEC 15, 2022	7 PM	UNDERSTANDING TEEN MENTAL HEALTH & WELLNESS	COMMUNITY HEALTH	It is normal for children and youth to experience various types of emotional distress as they develop and mature. 1 in 5 teens suffer from a severe mental illness. That's 20 percent of our teen population. Mental illness is not a choice or a failure. It does not discriminate. It can affect anyone regardless of age, gender, social status, ethnicity, or any other aspect of cultural identity. It can affect families, friends, schools and our communities. But you can help make a difference by learning to recognize signs, engaging in meaningful conversations and supporting a balanced life.
WED JAN 18, 2023	7 PM	SOCIAL MEDIA & GAMING	COMMUNITY HEALTH	Social media has been around for decades and is commonly used by all. These digital platforms allow any user to create or share content in forms of posts, photos, videos and connection. This session will explore social media use among youth, highlighting the risks and benefits of use, impact on mental health and strategies that can be implemented by parents and service providers.
WED FEB 15, 2023	7 PM	ADOLESCENT BRAIN DEVELOPMENT & NAVIGATING RELATIONSHIPS	STEPPING STONES	Explore the developing brain of adolescence, build healthy relationships and support resilience. Promotes healthy classroom relationships and positive mental health. Both Parents & Students are encouraged to attend this session.