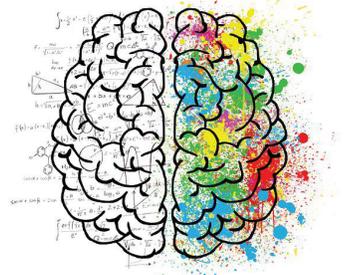


BHS Home & School cordially invites you to:

## THE TEENAGE BRAIN: A HOW-TO GUIDE FOR PARENTS

### *Presentation and discussion with Alissa Sklar, Ph.D.*

Like most parents of teens, you probably occasionally find yourself mystified by questionable or impulsive choices your child has made. Perhaps you find yourself unsure how to help them manage the potential pitfalls of social media, computer games, drinking or the impending legalization of marijuana this coming July. The current research on adolescent brain physiology has a lot to teach us about the teenagers we think we know. This workshop focuses on a few key changes that occur during the teen years and offers practical strategies on how to help their families navigate in turbulent times.



**WHEN:** Wednesday, February 21st, 7:00 -8:30 PM  
**WHERE:** Beaconsfield High School  
250 Beaurepaire Drive, Beaconsfield, QC H9W 5G7

Parents and students are invited. Admission is free. Please confirm your attendance by email by **February 19th** at: [bhsparentworkshop@gmail.com](mailto:bhsparentworkshop@gmail.com)

### *You will learn:*

- How changes in the brain impact the development of good judgment, problem-solving, decision-making and impulse control – and how you can help your teen manage these
- How chronic stress can cause long-term changes in how the brain works – and what you can do to lessen the risks
- How normal changes in sleep patterns change the way your teenager gets through his/her day and night and affects their schooling and family time
- How the overdevelopment of the brain structures responsible for handling emotions affects the way your teen sees the world
- How sex hormones impact brain biology
- Why we can't blame hormones for everything.

Click here to view the interactive flyer: [http://bit.ly/TeenBrain\\_Promo\\_BeaconsfieldHS](http://bit.ly/TeenBrain_Promo_BeaconsfieldHS)



**Alissa Sklar, Ph.D.** runs risk(within)reason, a Montreal consultancy project focused on kids, technology and risky behaviours. Dr. Sklar has a Ph.D. in communications and cultural studies, taught in the Communication Studies Department at Concordia University and worked in the field of adolescent risk prevention at McGill University. In addition to her academic and consulting work, Dr. Sklar is a mom of three teens, and a multiple award winning feature writer with a particular interest in parenting, youth and digital technology issues. Follow her on Twitter @alissasklar.

For more information, please visit [www.risk-within-reason.com](http://www.risk-within-reason.com)