

Programs for Redmond Parents  
April - May

Date	Time	Topic	Location	Audience
Monday, April 13th	7 – 9 PM	<b>Panel – The Risky Business of Adolescence: Local teen risk taking &amp; experimentation</b>	LWSD Resource Center Board Room	For parents of students 9 <sup>th</sup> grade and above
Thursday, April 23rd	7 – 9 PM	<b>Frances Finan – College Planning: Finding the Right Fit for your Student</b>	LWSD Resource Center Board Room	For parents of students 9 <sup>th</sup> grade and above
Monday, May 18 <sup>th</sup>	7 – 9 PM	<b>Teen Stress</b> (details to follow)	Redmond High Performing Arts Center	For parents of students 13 and above

Date: Monday, April 13, 2009

Time: 7:00 – 9:00 PM

Location: LWSD Resource Center Board Room (16250 NE 74<sup>th</sup> Street, Redmond)

**The Risky Business of Adolescence: Local trends in teen risk taking & experimentation**

What problem behaviors are most common in this community? Who is likely to participate? Come hear a panel discussion by community representatives with a great deal of experience with local teens and their patterns of socializing. This discussion will include:

- The impact of leaders, follows and group thinking
- How, why & where students begin experimenting with alcohol & drugs
- What our teens face and what parents can do to help
- What can parents influence to keep their teenagers and their friends safe

Panel members include: Moderator, **Ken Wong**, Director of Teen Programs, City of Redmond; **Jeannine Ewing**, Redmond High Health teacher and parent; **Caity**, former RHS student who graduated in 2005, **Tena Youngberg**, Redmond High's Drug & Alcohol Counselor, & **Eva LaFollette**, Licensed Mental Health Counselor on the Eastside.

Come meet other Redmond parents and gain a better understanding of our student community and the decisions they face. Learn how to establish age appropriate limits & consequences; and approaches to monitoring teen activities.

***Recommended for Redmond area parents of students 9th grade and up***

This event is sponsored by the Redmond High PTSA

**Questions? Contact Joanne Hall at [jjahall@juno.com](mailto:jjahall@juno.com)**

Date: Thursday, April 23, 2009

Time: 7:00 – 9:00 PM

Location: LWSD Resource Center Board Room (16250 NE 74<sup>th</sup> Street, Redmond)

### College Planning: Finding the right fit for your student

**Frances Finan** of Competitive Edge Consulting will present an overview of the college planning process. This information will be helpful whether your student is a freshman, sophomore or junior with intentions to attend a 2-year or 4-year college. Frances will address SAT Score Choice, how the changing economy has affected college admissions and updates in admissions policies.

**Highlights will include:** ★ Different pathways to college ★ Resumes – what are colleges looking for?  
★ Summer options to consider – jobs, job shadows, summer camps ★ Parent's role – how (and why) you can help your student narrow the focus ★ Making the most of campus visits & college fairs

***Recommended for parents of 9<sup>th</sup>, 10<sup>th</sup> and 11<sup>th</sup> grade students***

This event is sponsored by the Redmond High PTSA

Questions? Contact Janet Dahl at [jmd@primerecognition.com](mailto:jmd@primerecognition.com) or Joanne Hall at [jjjahall@juno.com](mailto:jjjahall@juno.com)

Monday, May 18<sup>th</sup> from 7- 9 PM at the Redmond High Performing Arts Center

### Teen Stress

What are the sources of stress in teens' lives? Who is at risk? As a parent, how do you recognize the signs? What are the risk factors and which factors can you influence as parents? What are common outlets for stress – the good, the bad & the dangerous? How can parents support their teens? The presenters for this event will be from the teaching staff at Child & Adolescent Psychiatry Department at Seattle Children's Hospital & the University of WA School of Medicine.

Details to follow