

Monday, January 24th from 7 – 9 PM

Location: **Redmond High School Performing Arts Center**
17272 N.E. 104th Avenue, Redmond

**Great Conversations between Parents & High School Teens:
Top Ten Talks to Have Together**

Presenter: *Julie Metzger, RN*

One of the greatest balancing acts parents face in today's world is knowing when to step forward to help and guide their teen's lives and when to let their teen make independent decisions and choices for themselves. How do families work together in a partnership of trust and respect as children and parents encounter new experiences? You will learn – How to distinguish between hype, myth and facts around potentially risky choices? What are the right questions to ask? What information do your students need?

Julie Metzger, RN, the Co-Founder of ***Great Conversations***, is a well respected presenter on a wide range of parenting issues. She has developed and taught classes on puberty, sexuality and decision making for pre-teens and families for 20 years and has worked with tens of thousands of families in Seattle, Pittsburgh, Palo Alto, and throughout the Puget sound region. In addition, she has developed health curriculum for middle school students on decision making. Julie is a Nurse Consultant at Children's Hospital and a parent to three adolescents. She and her colleague, Rob Lehman, MD have a website reflecting their work with families – www.greatconversations.com

Recommended for Parents of High School Students

Sponsored by the Lake Washington PTSA Council
Questions? Contact Joanne Hall, Chair, Parent Education at
lwsdparented@gmail.com
