


Parenting Teens 24/7 Workshop and Presenter Information

<u>Workshop</u>	<u>Workshop Description</u>	<u>Presenter</u>	<u>Presenter Biography</u>
<u>Keynote – Parenting Your Teen Intentionally</u>	Parenting Through the Messy, Mysterious... Marvelous Years Parenting an adolescent can be a chaotic blend of exhilarating highs and devastating lows. Dads and moms who succeed are generally those who have taken the time to understand what’s going on at a deeper level for their teenager – especially in the critical, early years of adolescence. In this encouraging, practical session, Dr. Marv will uncover the important mysteries of the journey our sons and daughters are on. How does their thinking change? Why all the power struggles and over-reactions? Why are these the most important years to be actively and intentionally involved in the lives of our kids? Can a broken relationship with a teenager be salvaged? What do teenagers wish they could tell their parents? There are no formulas, steps to success or guarantees, but with understanding comes hope... and laughter and intimacy and those are things every parent (and teenager) dreams of.	<u>Dr. Marv Penner</u> 	Marv Penner is an Associate Staff member of The Center for Parent/Youth Understanding. He is an internationally-known author, professor, motivational speaker, and youth ministry expert. He is currently the executive director of All About Youth and oversees the Canadian Center for Adolescent Research, an organization which conducts research on Canadian youth culture. Marv is a frequent speaker at the National Youth Workers Convention. He has authored youth curriculum for Gospel Light Publications and Cook Communications and is the author of such youth ministry books as <i>The Youth Worker's Guide to Parent Ministry</i> , published by Youth Specialties/Zondervan and <i>Hope and Healing For Kids Who Cut</i> , also published by Youth Specialties/Zondervan. In addition to his teaching, speaking and writing, Marv is a licensed marriage and family counselor specializing in parent/adolescent conflict resolution, sexual abuse recovery, eating disorders and marriage and family issues. He received his MA degree from Grace Seminary in 1985, and his D.Phil degree from Oxford Graduate School in 1993. Marv and his wife, Lois, live in British Columbia, Canada, and have three married children.
<u>Managing the Teen: Communication, Discipline and Setting Limits</u>	Purposeful parents understand the importance of being intentional in their interactions with their teens. Unfortunately, it’s much easier to be a haphazard parent - reacting randomly to situations that arise, instead of proactively building a relationship of mutual trust and respect. Dr. Marv will unpack 5 tried and tested principles to help parents reduce the stress and increase communication with teenage sons and daughters. He’s seen 3 of his own kids through their adolescent years and has learned a few lessons along the way (too often by blowing it). This is a seminar you will take home with you and implement immediately. There is no person in the life of your teen more important than you! Learn to make the most of the wonderful teen years with these practical principles to guide you.		
<u>Sex, Tech and Teens</u>	Every parent needs to know what their child is doing on the Internet and how they are communicating with others. Learn measures you can take to keep your child safe. Parents will also get information on Xanga, MySpace, Facebook and other popular Internet sites for teens. Understanding chat rooms and characteristics of on-line victims and on-line predators will be discussed.	<u>Antonio Roque</u>	Antonio Roque has been working of the Los Angeles Unified School District for 20 years. The first four years he worked as a paraprofessional at Gage MS. The last 16 years Mr. Roque has worked in different capacities at various school sites, including teaching ESL/Lang. Arts, Journalism, Spanish, and as IMPACT Program Coordinator at Nimitz M.S. Antonio Roque is currently an adviser for the IMPACT Program, the Los Angeles Unified School District’s prevention and early intervention student assistance program. For the past three years, Mr. Roque has been providing district-wide teacher trainings and staff developments, parent workshops, and student presentations on drug awareness, gangs and violence, child sexual abuse prevention, and other health-related topics.
<u>The Real Truth About Energy Drinks, Alcohol and Other Drugs</u>	This workshop will educate parents about the potentially dangerous effects of heavily caffeinated “Energy Drinks” and Energy Drinks mixed with alcohol (AED’s). People of all ages need to be made aware of the negative health effects of too much caffeine as well as the potentially deadly effects of mixing alcohol with energy drinks (AED’s), thus producing a “Wide Awake Drunk”	<u>Laura DeCourcy,</u> <u>Officer Bobby Conard,</u> <u>Officer Roger</u>	Laura DeCourcy joined Lee’s Summit CARES in March of 2008. From 2005 to 2007 Laura held the position of local program coordinator for a grant to combat underage drinking for the Raytown Police Department. She graduated in 2009 from the University of Phoenix in Kansas City with a Bachelor Science in Criminal Justice. She is also a Jackson County CASA

	<p>facade.</p> <p>These corporate giants start with sugary soft drinks, then hook them on energy drinks, and lastly make the appeal of lower cost and the promise of “more extreme” partying with alcohol energy drinks. This program will show who and how the young people of today are specifically targeted by this \$3.2 billion dollar a year industry. We’ll show you how this industry greatly profits by putting a large bulls-eye on our society’s youth.</p> <p>With our comprehensive display, participants have the opportunity to see and compare these drinks for themselves.</p> <p>The RX/OTC Drug portion is presented by the School Resource Officers from each of the high schools in the R-7 school district. The officers will discuss the alcohol and tobacco use as well as the latest drug trends they are seeing in the schools.</p>	<p><u>Bowers, Officer John Keck</u></p>	<p>(Court Appointed Special Advocates) volunteer. She is married and has a daughter who graduated from Lee’s Summit West HS in 2007, a son who graduated from Lee’s Summit North HS in 2010 and a grown step-son that resides in Atlanta, GA. Laura lived in Lee’s Summit from 1987 to 2002 and currently resides in five miles south of Lee’s Summit.</p> <p>Officers Bobby Conard, Roger Bowers and John Keck are policemen for the Lee’s Summit Police Department and are Student Resource Officers at the Lee’s Summit High Schools.</p>
<p><u>Parents Guide to the Teenage Brain</u></p>	<p>There are six essentials to achieve health and wellness, both physically and mentally. They are: What you eat, drink and breathe, how you exercise and rest, and most importantly, what you think. Our bodies are perfect stimulus/response organisms. If we give the body, any body, the proper stimulus, we can affect the response we get. We are creating a society of sick people, based on our choices in these six essential areas. We need to begin to make better choices for our families, and ourselves.</p> <p>This presentation builds upon this philosophy. Change chemistry, change behavior! We will explore how parents can substantially affect changes in their teens’ behavior through these essential choices. Topics will include:</p> <p>The Teen Brain and the Body “Pharmacy” - White sugar, flour and a barrage of refined carbohydrates is partly responsible for both the obesity epidemic and the out-of-control, violent, gang mentality of recent U-tube fame. Chemistry + Thoughts= Behavior</p> <p>Our Drug Culture - Alcoholism and recreational drug use are prevalent in our society. However, recent studies indicate prescription drug abuse is just as pervasive. Teens are not the only demographic affected by this fact. As adults we must be more self aware of our often relaxed “relationship” with alcohol and drugs.</p> <p>Food for Thought - Growing teen bodies require specific “brain” nutrition for optimum performance. There is also a delicate “acid/alkaline” balance that can exponentially improve the results of any nutrition on the brain and body. Participants will learn to be “mindful” of their family’s nutritional choices.</p> <p>Words and Wisdom - Thoughts are powerful things! E-motion= Energy + Motion. Words are designed to convey thoughts, to “move” us. Participants will understand not only the power of words but also, the energy of words.</p> <p>Relax, Rewind...Change the Record - Participants will learn valuable relaxation techniques and experience their immediate benefits. These simple exercises can be done and subsequently taught to anyone. These will allow parents to re-focus and retool for their personal and family demands.</p>	<p><u>Dr. Leonard B. Wilbert</u></p>	<p>Dr. Leonard Wilbert is a physician in private practice for over twenty years. In those two plus decades, he has helped practice members ranging in age from birth to 98 years of life. His specialties are holistic wellness and energy medicine, including nutritional analysis and counseling, performance enhancement and lifestyle modification.</p> <p>Dr. Wilbert has recently focused on sharing the “Message of Wellness” to all interested age groups. In addition to maintaining an active wellness practice in St. Louis, Missouri, he has developed, lectured and instructed interactive workshops throughout the country.</p> <p>Move Well Live Well; Happy Pregnancies, Healthy Babies; Stress-Less...On the Job....For Healthy Pregnancies and; 12 Steps to Stress Less are but a few offerings. Ergo-Friendly, Sitting Safe and Back Safe are additional industrial training programs that are available. Dr. Wilbert is scheduled to release two books entitled How to Raise a Healthy Child and S’CRAWL!</p>

