



# Southwest High School Parent Teacher Student Association 2011/2012 Meetings

FREE FOR ALL  
PARENTS, TEACHERS  
AND STUDENTS

7:00 – 8:30 p.m. Media Center – East Building

Mark your calendar now for these  
timely programs presented by Southwest's PTSA

**Tuesday, October 11, 2011**

## Parents Make a Difference in Preventing Teen Substance Abuse

**Maureen Farrell, M.Ed., CPP**, MN Metro Region Alcohol, Tobacco & Other Drugs Prevention Coordinator

Kids who learn a lot about the risks of drugs and alcohol from their parents are up to 50% less likely to use than those who do not (The Partnership at Drugfree.org). Research shows that when parents talk openly about drugs and drinking, children have better self-control and develop more negative perceptions of these risky behaviors. There's no way you can shield your kids from finding out that illegal drugs, alcohol and tobacco exist—but you can help your child reject offers to try them.

Learn about the issues teens face and how you can be effective in helping them deal with situations related to drugs and alcohol.



**Tuesday, January 17, 2012**

## Parental Shift vs. Parental Stuck. Adjusting Your Parenting as Your Teen Matures

**Ada Alden, Ed.D., CFLE**, Author of *Parenting on Purpose: Red Yellow Green Framework for Respectful Discipline*

Providing clear messages about belonging, rules and relationships are part of a parent's job description. The challenge for parents is to recognize the need for a parental shift as the child grows and develops, to encourage self-discipline and self-confidence. All children are in need of shifting parent expectations, discipline strategies and relationships. Strategies will be shared to help parents be both intentional and purposeful.



**Tuesday, March 13, 2012**

## Teens and Technology

**Erin Walsh, Speaker / Trainer**—Mind Positive Parenting

Are cell phones, video games, and Facebook a waste of time or key to success in the 21st century? It depends upon how we use them. Erin Walsh will explore the power of these digital tools in young people's lives and explain how technology is changing the ways that teenagers learn and socialize. She will describe the risks and rewards of growing up in an online world and review what the research says about how media impact young people's health and development. Parents will leave this workshop with a better understanding of how to maximize the benefits while avoiding the pitfalls of the digital world. Erin will answer important questions like:

- Are young people really good multi-taskers?
- What are healthy parameters around media use?
- What can young people do to become good, caring digital citizens?
- Is Internet addiction real?
- Is technology connecting us or disconnecting us?



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These programs are planned and paid for by the Parent Teacher Student Association (PTSA). Watch the PTSA website for more information

[http://southwest.mpls.k12.mn.us/PTSA\\_Info.html](http://southwest.mpls.k12.mn.us/PTSA_Info.html)

Support our students and teachers with a donation of \$25.00 to the PTSA. Join online or at one of the parent meetings.

Public bus transportation costs will be reimbursed by the PTSA for any parent wishing to attend these speaker meetings. Please see one of the PTSA officers.