Do you speak TEEN?

Have your questions answered, and so much more at the community event series: #YouthCulture

Adolescent Brain Development & Addiction

Monday, November 23 from 3:00 – 4:30 pm

Learn how early onset substance use affects the development of the adolescent brain and how substance use by teens might mask underlying mental health issues like anxiety and depression.

Navigating "The Talk"

Monday, November 30 from 3:00 – 4:30 pm

Learn about resources and tools to assist you in developing and tailoring the talk with your teen about social media, teen relationships, and substance use.

Adolescent Brain and Social Media

Thursday, December 10 from 3:00 – 4:30 pm

Learn about current research on adolescent brain development and teen perception of risks. Participants will also explore how a risk perception impacts a teen's engagement with social media and Internet security.

Dating Relationships & Sexting

Thursday, December 17 from 3:00 – 4:30 pm

Learn to recognize warning signs of unhealthy dating relationships and potential dating violence. In addition participants will learn current sexting statistics and trends as well as North Carolina laws.

Register for one or more FREE training events here: http://svy.mk/1XTk6cb

CEU's will be offered for each completed training. Light refreshments will be served!

Open to adults (18+) only

Each training event will be at the Alice Aycock Poe Center for Health Education at 224 Sunnybrook Rd, Raleigh

www.poehealth.org

PoeCenter
The Alice Aycock Poe Center for Health Education