



7 PM | October 25 | Mercer Island High School

# TWEEN, TEENS & TECH

## Straight Talk with Jo Langford



**Spare Me**  
**'The Talk'**  
A Guy's Guide to Sex, Relationships, and Growing Up  
JO LANGFORD, M.A.



**Spare Me**  
**'The Talk!'**  
A Girl's Guide to Sex, Relationships, and Growing Up  
JO LANGFORD, M.A.

**Do you know what your kids are doing on their phones?**

Join us for a straightforward conversation with Jo Langford, a Masters-level therapist, and sex educator for tweens, teens and parents, and author of *Spare Me 'The Talk!'* (for boys & for girls). Jo will address the most popular apps teens are using; The Good, the Bad and the Ugly — The Three Big Bads; Sexting, Cyberbullying and Porn, and what parents can do about them.

Learn how to help your kids make healthy choices with tips and tools on navigating these difficult topics. Don't miss what is sure to be a lively and enlightening evening!

Coming Soon:

**Angst (IndieFlix Film) — Raising Awareness Around Anxiety & Kids, February 6, 2018, 7 PM, MIHS**

**FREE for PTA members in the MISD. For non-MI PTA members, \$10 at the door.**

**For Parents of Middle & High School Students, No Children; Parents Only.**



Jo Langford, M.A., is a dad, a Master's-level therapist and sex educator in Seattle, Washington. From working in peer counseling and student outreach programs, to medical, residential and psychiatric settings, Jo strives to promote healthy, positive, and safe sexual and social behavior. Jo speaks internationally, helping parents and professionals increase their knowledge and self-confidence as a proactive defense against the unfortunate consequences that sometimes accompany teen sexuality, behavior and development. Find out more about his work at [beheroes.net](http://beheroes.net).

Jointly sponsored by the PTAs of MIHS, IMS, Island Park, Lakeridge, Northwood, West Mercer & MIPA.