



Mercer Island Parent Education

Bringing Ideas and Insights to Empower
Parents, Students, Teachers & Staff

Mark your calendar for these 2019-20 Events!

HIDDEN IN PLAIN SIGHT *

Sept. 25, 2019 • 6:30-9PM • MIHS PAC

Would you see the signs of youth alcohol or drug use in your home? Come to a *Hidden in Plain Sight* exhibit and learn what to look for and what to do if you find something. The *Hidden in Plain Sight* initiative helps parents spot signs of at-risk behaviors using an interactive display of a teenager's bedroom. This program includes an interactive display, a resource fair and a presentation providing valuable information and resources for parents to help prevent youth substance abuse. *For adults and parents of children in middle & high school. Adults ONLY.*

FOREFRONT | Youth Suicide Prevention *

Nov. 5, 2019 • 7PM • MIHS

Learn evidence-based prevention strategies to help youth in crisis stay safe and get support. Like first aid and CPR, this valuable knowledge supports healthy families and communities. *For adults and parents of children in middle & high school. Adults ONLY. www.intheforefront.org*

ROSETTA LEE | Who We Are: Identity, Inclusion, and Allyship +

Jan. 14, 2020 • 7-9PM • IMS

How do we learn about our various group identities? From whom do we learn the meaning of these terms? What messages have we internalized about ourselves and others? Learn how we co-author peers' identity as well as our own, how the cycle of oppression and cycle of bullying pressure us to reinforce stereotypes, and what we can do as allies to break these cycles and work toward inclusion of all. *For adults, parents of children of all ages & for middle and high school students.*

RACHEL SIMMONS | Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Happy, Healthy, Fulfilled Lives

Feb. 12, 2020 • 7-9PM • MIHS PAC

Girls have never been more successful, yet they've also never struggled more with anxiety, stress and depression. In this talk, Rachel translates the toxic messages about achievement that girls have internalized, and teaches parents the tools to help girls practice self-compassion, redefine success, pursue purpose, and—most importantly—let them know they are enough as they are. *For adults and parents of children of all ages.*

THE UPSTANDERS | Indie-Flix Film Screening * +

March 3, 2020 • 6:30-8:30PM • MIHS PAC

The Upstanders documentary explores cyber-bullying, bullying amongst friends, families, co-workers and the brain science behind it all. Learn about resilience and the power of peers to end bullying. Includes resource fair, film screening and panel discussion. *For adults, parents of children of all ages and for students grades 5-12.*

FOREFRONT | Youth Suicide Prevention *

April 2, 2020 • 7PM • IMS Library

Learn evidence-based prevention strategies to help youth in crisis stay safe and get support. Like first aid and CPR, this valuable knowledge supports healthy families and communities. *For adults and parents of children in middle & high school. Adults ONLY. www.intheforefront.org*

** In partnership with MI Youth and Family Services. + In partnership with Friends of the MI Library*

www.MIParentEdge.org

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