

#YouthCulture Workshop Series

At the Poe Center for Health Education - free of charge!



What is our #YouthCulture program?

- Our #YouthCulture program is designed to empower parents and guardians by providing insight into the environment and culture around our youth.
- In this 6-part workshop series, we will explore how the developing adolescent brain shapes perceptions and behavior.
- Parents and adults who work with elementary, middle and high school students are strongly encouraged to participate. This **FREE** programming is for **ADULTS ONLY!**

Opioids 101

February 7th, 2019, 6:30 - 8:00 pm

Learn about the growing concern of opioid use in our communities.

Healthy Teen Relationships

February 21st, 2019, 6:30 - 8:00 pm

Learn to recognize warning signs of unhealthy dating relationships and potential dating violence.

Adolescent Brain Development and the Role of Social Media

March 7th, 2019, 6:30 - 8:00 pm

Learn about current research on adolescent brain development and teen risk perception, and how that impacts a teen's engagement with social media.

Light snacks available. NC Substance Abuse Professional Practice Board hours will be available for adult sessions. See poehealth.org/events for more info.

To reserve your spot, please register online at <https://bit.ly/2RdLQPk> or contact **Susan Foster** with questions at s.foster@poehealth.org

NEW! E-Cigarettes 101

March 21st, 2019, 6:30 - 8:00 pm

Learn about the growing concern of e-cigarettes and youth as we cover the latest research.

NEW! Youth Program: Understanding Vaping

March 21st, 2019, 6:30 - 8:00 pm

Held at the same time as our E-Cigarette 101 adult program, this program for youths addresses the growing concern of e-cigarettes and youth. Participants will learn about the addictive nature of nicotine and how addiction impacts the brain. We will address risk factors for addictive behaviors, substance addiction warning signs, and the signs of a nicotine medical emergency.

Adolescent Brain Development and Addiction

April 4th, 2019, 6:30 - 8:00 pm

Learn how early onset substance use affects the development of the adolescent brain.

Navigating "The Talk"

May 2nd, 2019, 6:30 - 8:00 pm

Learn about resources and tools to assist you in developing and tailoring "the talk" for your teen.