

O'Maley Middle School Guidance Department presents:

## **A Parent-to-Parent Sharing and Pizza Night!**

### **EFFECTIVE COMMUNICATION WITH ADOLESCENTS**

Monday, December 14<sup>th</sup> ~ 6-8pm ~ O'Maley M.S. Library

Join us for a night of problem solving with fellow parents and guidance counselors as we tackle issues that face adolescents today. Successful tips and strategies will be shared as we dissect real life situations that make communication with our middle school kids challenging.

Here are some examples of hot topics we'll explore:

- Phone use and texting
- Internet safety – Instagram, Facebook, Twitter, etc.
- Getting Organized and Staying Organized
- Friendship Navigation
- Developing Solid Homework and Study Habits
- Dealing with Drama
- LGBTQ
- Coping Skills
- Increased Anxiety

**Mike's Pizza and drinks will be served!**