

The Byrnes Health Education Center Presents

Parenting Programs

Our Parenting Programs equip parents with important knowledge and tools for communicating with their children on challenging subjects in a supportive atmosphere.

CyberWise

- Parents will become equipped with knowledge of “digital citizenship” and how to speak to their children about the potential everlasting consequences of the Internet.
- Information on cyberbullying, sexting, and dealing with strangers online will also be presented.



Drugs 101: What Parents Need to Know

- Presents current information about drugs, assists in identifying signs of substance abuse and empowers parents to discuss the dangers of drugs with their children.
- Utilizing a mock bedroom, focus is placed on the signs, symptoms and current trends in the abuse of alcohol and drugs in teens.



I Got Your Back

- Defines bullying, types of bullying, explores myths and identifies the warning signs.
- Provides parents with the tools needed to keep their child safe and happy.

The Talk 101

- Designed for parents to help in discussing the subject of human development with their child.
- Topics covered include difficulties talking about sex, reproductive system basics, sexually transmitted infections and tips for making positive encounters with your child regarding this sometimes uncomfortable subject.

Girls & Moms / Boys & Dads / Moms & Sons

Presented at Byrnes. For Parent AND child! See schedule at byrneshec.org

- Brings together child and parent/guardian and encourages important and needed conversations about puberty and development.
- Each program focuses on the natural changes that occur during adolescents.



To schedule programs for your organization or for more information, please contact the Byrnes Health Education Center's Education Services Department at 717.848.3064 x249.