MICHIGAN STATE UNIVERSITY | Extension

Building Strong Adolescents Webinar Series

Class Information

Dates:

- November 23
- November 30
- December 7
- December 14
- December 21
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***Note: This is a series class and participants must plan on attending all five weeks.**

Time:

7:00 PM – 9:00 PM

Location:

This class is an online webinar. The link to join the webinar will be sent after registration is complete.

Building Strong Adolescents is an MSU Extension authored program for parents and guardians of adolescents ages nine to 16. The program focuses on the external and internal assets teens need to succeed.

Topics include:

- The need for teens to develop internal and external assets and strategies to promote growth
- Setting limits
- Applying consequences
- Fostering independence
- Promoting self-esteem and school success
- Encouraging positive friendships (including dating)
- Discussing substance abuse and sex with your teen
- Helping your teen prepare for the future.



By the end of the program parents and guardians will be educated on methods to surround teens with positive relationships and opportunities that are important for a successful future.

Participation Information

Certificates for participation are provided upon completion of the series. In order to receive a certificate, participants must actively participate in the webinar throughout all five sessions. Participants can attend via computer, or an app on a tablet or smartphone. Attendees can also listen to the presentation via phone (by calling in). **Those who choose to call in must contact the instructor for instructions on how to be eligible for a certificate.**

If multiple people in the same location want to participate in the webinar and need certificates, they have to join the webinar separately or contact the instructor for special instructions to each receive a certificate.

REGISTRATION:

https://msu.co1.qualtrics.com/jfe/form/SV_6YBu1o6hDvW1AJE

For information or accommodations* contact:

Courtney Aldrich, Program Instructor

Contact: aldric82@msu.edu; (517) 993-8649

*** Accommodations should be requested no later than 2 weeks before class**

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