

StarVista* and Sacred Heart Schools present

Navigating the Tides of Adolescence



Monday, September 14, 2015

Check in - 6:45pm

Program - 7pm - 9pm

Harman Auditorium, Sacred Heart Prep
150 Valparaiso, Atherton

[Click here to register](#)

"Navigating the Tides of Adolescence" is a panel discussion on the challenges facing our teens today, including stress, pressures of social media, mental health, and wellness. Panelists include **Julie Lythcott-Haims**, author of the highly acclaimed book, "How to Raise an Adult" and former freshman dean at Stanford University; **Dr. Steven Adelsheim**, Stanford child psychiatrist and Director of Community Partnerships at the Stanford School of Medicine; and child psychologist **Dr. Yalda Uhls**, a media expert for Common Sense Media and author of the upcoming book, "Media Moms & Digital Dads." The panel will be moderated by **Rachael Myrow** from KQED.

Discussion topics include:

- Components that contribute to a teen's autonomy and decision making
- Social stigma, suicide prevention, and academic stress
- Impact of social media and peer pressure
- Strategies to promote a balanced, attainable lifestyle
- Discussion of current research and implications for practice
- Local resources for education, prevention, intervention and crisis response.

*StarVista is a 501(c)(3) nonprofit organization whose mission is to deliver high-impact services through counseling, skill development, and crisis prevention.


Seating in the Harman Auditorium is limited. Registered attendees will be given preferred seating. Registration will close when the capacity is reached.

Register at: NavigatingtheTides.eventbrite.com

Special thanks to:
Armstrong Law Firm
Community Service League
Dr. Lesley Martin

StarVista


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