

Don't Miss These Expert Speakers on Timely Teen Issues This Fall!

Hosted by Gunn PTSA and Paly PTSA Parent-Ed Teams



Dreaming of Sleep?

- Improving teen sleep habits – Understand the science behind sleep to help teens get the rest they need →
- Stanford's Dr. Jamie Zeitzer and Dr. Rafael Pelayo, MD

Recording:
<https://youtu.be/UySriNjTb0F8>

Talking to Our High Schoolers About Sex and Healthy Relationships

- **October 10, 2023, 7 to 8:15 PM on Zoom**
- Navigating conversations with your children around consent, intimacy, and pornography – Parents Only! →
- Fellow PASD parents Laura Prentiss, MSW, and Liza Baskind, MFT
- <https://sex-ed4parents.com/about/>

<https://us02web.zoom.us/j/85328820964>
Meeting ID: 853 2882 0964
Passcode: 991008

The Abc's of Gen Z Parenting

- **November 8, 2023, 7 to 8:30 PM on Zoom**
- Learn ideas and techniques on communicating with your teenager through adolescent angst and secret lives. →
- Scott Fried, Author of How to Raise an Elegant Teen
- <https://scottfried.com/>

<https://us02web.zoom.us/j/83260139515>
Meeting ID: 832 6013 9515
Passcode: 038734