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A WESTCHESTER VIRTUAL SPEAKER SERIES

THURSDAY, MAY 19

7-8:30 PM



Elizabeth Englander, PhD
Executive Director and Founder,
Massachusetts Aggression Reduction
Center & Professor of Psychology,
Bridgewater State University

Dr. Elizabeth Englander is a nationally recognized expert in the area of bullying and cyberbullying, childhood causes of aggression and abuse, and children's use of technology. During 2020, Dr. Englander's work focused on helping children and schools promote strong mental health and social relationships in the face of sustained social isolation and rising depression and anxiety in children. She is the author of eight books, including the *Insanely Awesome* series for children, and has authored more than one hundred articles in academic journals and books. She has also written a variety of research-based curricula, a column for the *New York Times* (online edition), and the column "Bullying Bulletin Board", which was syndicated in hundreds of newspapers nationwide.

Addressing Conflict, On Screen and Off

Raising kids today may feel like a dizzying set of issues: managing screen use (especially during a pandemic); promoting healthy social relationships; avoiding "traditional" issues like bullying, and technology-related problems, like excessive social media use and cyberbullying. This presentation will focus on concrete, down-to-earth approaches that emphasize ways that parents and caregivers can help build their child's emotional resilience, improve social skills, reduce screen time (without constant conflict), minimize fighting and bullying, and help their child emerge successfully from a global pandemic.



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