

Time Table:
Growing Up: Changes During the Teen & Tween Years

Time	Time Frame	Topic	Presenter(s)
9:00-9:15	15 minutes	Introduction and ice breaker	Maisie Ross
9:15-10:00	45 minutes	Adolescent brain development	Dr. Christiana Leonard McKnight Brain Institute
10:00-10:15	15 minutes	Session 1: The Teen Brain	Maisie Ross and Diana Converse
10:15-10:30	15 minutes	BREAK	
10:30-11:15	45 minutes	Adolescent physical development	Eboni Baugh
11:15-11:30	15 minutes	Session 2: Transitions in Adolescence	Diana Converse and Terri Thompson
11:30-11:45	15 minutes	Session 3: Positive Discipline	Merry Taylor and Stephanie Toelle
11:45-1:00	1.25 hours	LUNCH	
1:00-1:45	45 minutes	Body Image and Eating Disorders	Eboni Baugh
1:45-2:00	15 minutes	Session 4: Talking with Your Teen About Sex, Drugs, and Alcohol	Terri Thompson and Joe Pergola
2:00-2:15	15 minutes	BREAK	
2:15-3:00	45 minutes	Sexual Harassment and Bullying	Kate Fogarty
3:00-3:15	15 minutes	Session 5: Anger Management	Mary Sue Kennington and Joe Pergola
3:15-4:00	45 minutes	Protective Factors	Kate Fogarty
4:00-4:15	15 minutes	Session 6: Empowering Youth to Build Assets	Betty Miller and Suzanna Smith
4:15-4:30	15 minutes	Evaluation and wrap-up	Joe Pergola