

Adolescents can be really wild, crazy, passionate, moody, energetic, hungry, creative, strong, questioning, yelling, organizing people and I love it! We all need a time to define who we are"

– MaryAdele Revoy

BRAINWAVES:

Loving Your Brain and the Way You Date

For 6th-8th graders (parents and adults invited)

Wednesday, Oct. 27, 2010 | 6:30-8:30 p.m.

Logan Middle School Auditorium | 1450 Avon St. | La Crosse, Wis.

No cost and refreshments, too!

Discover how your brain is developing and how to make it a healthy process. We'll take a look at dating, too, and the kinds of dating experiences you want to have. We'll explore healthy boundaries, becoming assertive instead of aggressive, and the rights and responsibilities of a dating relationship. We'll talk about dating violence and how to help a friend who may be in a violent relationship. Finally, we'll play DATER, a sort of Jeopardy game to help you remember what you've learned.

A note to parents and adults:

The focus of the workshop is for youth, but you are encouraged to come as "silent participants." You will have a chance to gather information and learn how brain developments may influence the way you relate to your teen.



About MaryAdele Revoy, M.S.

Revoy is an experienced educator, author and trainer who specializes in developing programs that are informative and fun. She keeps audiences engaged in activities that are both fun and funny. As a former teen who hit some bumps on her own journey, Revoy looks at human development through a brain perspective and loves sharing this information with teens and adults alike. Revoy's passion, humor and creativity are evident in everything she presents.

Please let us know you are coming:
www.uwlax.edu/conted or call 608.785.6504

SCHOOL DISTRICT OF
LA CROSSE



JUST FOR TEENS...

Teen Track at Re-Claiming Girlhood Conference

“Bust It!” with Project Girl

Thursday, October 28, 11:30 a.m.-5 p.m.

\$25, includes lunch, materials, and breaks

Come experience this cool art-based workshop for teens (7th through 12th grade) at the Re-Claiming Girlhood Conference at the Lunda Center, Western Technical College.

You'll see a performance by the UW-L Awareness Through Performance, have lunch, and then join other teens to learn top secret stuff you may have not have thought about much before.

You'll be Changed Forever!

Ever wanted to do something really important? Make a difference in this world? Want to be part of a national movement helping improve the lives of girls everywhere? You'll learn and talk about all of that too.

You'll create some incredible artwork, too, that will become part of La Crosse's Project Girl art exhibition that is being visited by hundreds of people.

Here are some of the topics we'll explore:

- Basic media literacy—busting the tricks and manipulations.
- Labeling & stereotyping--label products not people!
- Body image & the beauty myth—who decides what's beautiful?
- Real girl power!
- Sisterhood—girls know how to change the world!

Here's how to register:

- Use the registration form found in the conference booklet
- Register online at www.uwlax.edu/conted
- Call UW-L Continuing Education and Extension at **608.785.6504**

To find out more about Project Girl, visit: www.projectgirl.org

**Limited to 50 registrants,
so SIGN UP SOON!!**

