



iParents

A Workshop for Adults.

Ok parents, truth time. In this crazy world of friends bullying friends, gender stereotypes dictating who we should be, and media that can be anything but social, do you ever lay in bed wondering how your children are *ever* going to be true to themselves, make smart decisions, and stay safe? Especially after the day you've had with them?!

Seriously though, you know what they say about it taking a village and that's where Saleema Noon and her team of fearless educators come in. Our iParents workshop is here for back up. We'll not only bring you up to speed on how we empower boys and girls with a common language and easy to understand concepts, we'll show you how to reinforce these messages.

You'll learn how to help your child:

- Deal with friendship and bullying challenges using assertiveness skills,
- Unmask their true identity so they can be their authentic selves,
- Get to know and honour their varied emotions,
- Stay safe and make smart decisions online, and
- Build relationships they can feel proud of,
- Challenge society's definition of what it means to be a "girl" or a "boy",

The parent workshop is on Thursday, Feb. 7 from 5:45-7:15 PM at the school. There is a \$10 charge for this 1.5 hour workshop. ALL parents, regardless of the age of your child(ren), are welcome. Please make cheques payable to Latimer Road Elementary. The deadline for registration is Monday, Feb. 4.

Should you have any questions, please call the office.

Smart decisions start here.

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