

HALLWAYS AT-HOME PARENT WORKSHOPS

Gather your community of parents to learn more about what your child is navigating in independent school culture, and how you can foster their social-emotional health.

Our At-Home Parent Workshops address pressing questions and concerns through a unique mix of research, strategies and personal reflection. You will walk away with new tools to guide your parenting practices now and in the future.

**Each workshop is 2 hours, and includes time for Q & A.
For questions and to book a workshop contact
Rachel Henes, Hallways Director at rachel.henes@hallways.org**



Hallways works in partnership with students, parents, and educators to meet the social-emotional needs of young people in independent and specialized school communities.

AT-HOME OFFERINGS

Vaping: Approaching Your Child with Calm, Curiosity, and Compassion

The prevalence of vaping amongst teens has taken many parents and schools by surprise. Why are so many young people vaping and juuling? How can parents prevent their children from starting to vape? What can parents do if their child has already started? This workshop will give parents an opportunity to think critically about how they want to approach this topic with their child in order to address important concerns and stay connected.

Raising Emotionally Healthy Children in Elite School Cultures

In recent years, a growing body of research has shown that despite their many opportunities, children attending elite schools report 2-3 times the rates of stress, anxiety, and substance use than national averages. Why is this and what can parents do to encourage healthier decision-making? This important presentation explores these questions and provides parents with a roadmap.

Challenging Perfectionism & Embracing Mistakes

Perfectionism is on the rise among children and adolescents in independent schools - leading to panic attacks, a constant fear of mistakes, and an ever-nagging feeling of not being good enough. In this talk, Hallways will present an overview of the latest research on perfectionism and discuss how traditional ideas of success can inadvertently limit the social and emotional growth of children. We will share strategies and practices to combat perfectionistic thinking and promote a growth mindset.

Rethinking Success: Promoting Social & Emotional Health at Home

As independent school parents, we spend a lot of time thinking about the success of our children. How important is social and emotional learning in the success equation? In this workshop, we will review key components of social-emotional health, giving special attention to the important role coping skills play in promoting well-being now and in the future.

Having Courageous Conversations with Your Child

With all of the different advice and headlines that flood our inboxes, having conversations with adolescents about difficult topics like substance use, hookup culture and relationships can often feel confusing and stressful. In our third workshop, we will sift through the scare tactics to share best practices for developing healthy and trusting relationships with our children and finding ways to engage them in difficult conversations.

Teaching Young Children About Consent

While we often think of consent as something to talk about with adolescents, consent can (and should!) be taught and modeled in age-appropriate ways from birth. This workshop provides pre-school and/or lower school parents with information about consent education and how it applies to all ages. By beginning these discussions early and often, parents help children internalize expectations about healthy boundaries and bodily autonomy.

Raising Happy, Healthy Boys

This workshop provides parents with the latest research on constructions of masculinity and their impact on children's well-being. Through activities and discussions, parents will explore the cultural norms that children learn about what it means to be a boy. We will share strategies for communicating about gender and masculinity at different ages and identify practices that can support healthy social and emotional development.