



2018 BREAKOUT SESSIONS

Healthy Relationships/ Self- Esteem

K. Micole Moffett, You're the One Foundation

Promises to revolutionize and revamp the way adolescents view healthy relationships. During the class, students will learn to love themselves and value who they truly are. Upon completion, youth will be able to identify and be better equipped to carry out healthy relationships with significant others and with peers, parents, and teachers.

Cultural Diversity and Acceptance

Amanda Paulino, Douglas County Schools System Psychologist

Will bring a unique spin and personal touch to this session. By using an interactive 2 and multi-sensory approach, students will increase awareness in the significance of cultural diversity. Upon completion of this session, students will gain practical skills of which will improve their cultural competency.

Goal Setting and Planning (Navigating Post-Grad Life)

Bianca Ash, Certified Life Coach and Founder of Beautiful Legacy Inc.

Will provide our youth with the skills necessary to establish the best path for their journey once they graduate. In this session, students will gain more insight into the numerous options available to them as high school graduates. Additionally, they will develop critical decision-making skills which will equip them to make the best decisions regarding their future. After the session, students can begin setting goals and seriously think about what would work best for them post-graduation.

Opening the Communication Pathways

Ron GREEN, Co-founder of operation Snatch Back

Students who attend this class will learn communication tools and approaches that will aid them in having both meaningful and productive discussions with their parents. Upon completion, students will have an arsenal of conversation starters they can implement to facilitate life changing discussions with their parents.

Social Media and You

Jessica Tarver, S.H.A.R.E. House Douglas County

social media can benefit youth far beyond just updating their peers on recent social ventures. Youth who participate in this class will learn how to use social media platforms in positive ways and how to expand their network beyond immediate friends. Additionally, they will discuss the negative impact poor social media use can have on their future. At the end of this session, students will have the skills necessary to take their social media use to the next level.

Cyberbullying, Bullying

Symone and Kim Cantey, Don't be a Bully Foundation

Students who attend this class will learn tips and techniques for recognizing, preventing, and understanding more about cyberbullying. Facilitators will address the pros and cons of the internet and how to identify and help prevent or stop cyberbullying. Upon completion of the class, youth will also be knowledgeable about what is considered

inappropriate or harassing messages, texts, and pictures and how their behavior can harm others through social media.

Mental Health and Depression (Preventing Suicide through Personal Journey)

Brian Le, Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD)

During this class, Brian will address how community plays a key role in mental health. Students will also learn to assess oneself, set individual expectations to prevent stress, and recognize that seeking help is not a weakness. At the end of this session, students will know the importance of well-being and selfcare.

Human Trafficking:

GA Cares

During this session, students will learn about risk factors, warning signs, where to get help, and how to help victims of human trafficking. Upon completing this session, students will serve as advocates for peer safety and know when and how to speak up against this horrible public health issue..

Texting and Driving:

Stacey Tisdale, Teens in the Driver Seat

Will address what happens when cognitive, physical, and emotional distractions occur behind the wheel. To discover this, students will engage in activities to show how the brain cannot handle multiple stimuli at one time. Upon completion of this session, youth will fully understand the dangers associated with texting and driving.

5 Substance Abuse

Truth Initiative, Douglas County Sheriff's Office, & Cobb County DUI Task Force

The conference will host several breakout sessions on the issue of drugs and substance abuse (i.e. Rx Drugs/Opioids, Marijuana, Heroin/Meth, ECigarettes/Hookah, and Alcohol). Each session will journey further in educating youth on just how life threatening and health altering these substances are. Participants will leave with a better understanding of where they fit in serving as change agents for their own community regarding these addictive substances.

Gangs

Cobb County District Attorney's Office, Investigator A.C. Lyda, Gang Unit

Gang and youth violence is a growing concern in Douglas County. Lack of knowledge regarding this issue has prompted the inclusion of this session. During this class, students will learn more about youth violence and how gangs play a role in their community. At the conclusion, students will be more equipped to recognize gang violence and make better decisions regarding the people they affiliate themselves with.