

ONLINE!

How to Have Tough Conversations with Children about **Race** and **Technology**

Two Workshops presented by Christina Kaviani PhD,



These individual one evening workshops are meant for anyone raising children ages 3-12 years old who is interested in learning about ways to have honest conversations with children about important topics. Enroll in one or both classes.

Christina Kaviani earned her doctorate in Human Development and is a dedicated advocate and educator for Cal Poly and RISE, as well as a certified Love & Logic Instructor. Christina aims to create a positive learning environment that celebrates the complexities between parents and children, as well as the importance of wellness, inclusion, and compassion in everyday life.

How to Have Conversations about Technology: April 13th, 7:00-8:30 p.m.

During COVID-19, many children have gained more access to technology. As parents, it can seem difficult to know what is too much and what is OK. Children's use of technology has been correlated with lower self confidence, issues with self regulation, and becoming a more distracted and anxious young adult. This workshop will explore ways to support children in building boundaries with technology.

How to Have Conversations about Race: May 18th, 7:00-8:30 p.m.

Talking to kids about race needs to happen early, often, and honestly. The goal of having more these conversations are to dismantle the color-blind framework and prepare young people to work toward racial justice. If we commit to collectively trying to talk about race with young children, we can lean on one another for support as we, together, envision a world where we actively challenge racism each and every day.

CLASSES MEET ONLINE April 13th and May 18th

\$5 for each class. Enroll at SLOadultschool.org

