

## MAJOR SPONSORS

### About Seattle Children's

Seattle Children's delivers superior patient care, advances new discoveries and treatments through pediatric research, and serves as the pediatric and adolescent academic medical referral center for the largest landmass of any children's hospital in the country (Washington, Alaska, Montana and Idaho). Consistently ranked as one of the best children's hospitals in the country by U.S. News & World Report, Seattle Children's is comprised of Seattle Children's Hospital, Seattle Children's Research Institute and Seattle Children's Hospital Foundation. We are internationally recognized for advancing discoveries in cancer, genetics, immunology, pathology, infectious disease, injury prevention and bioethics. Children's also serves as the primary clinical, research and teaching site for the Department of Pediatrics at the University of Washington School of Medicine. For more information visit [www.seattlechildrens.org](http://www.seattlechildrens.org).

### KCTS

For over 54 years, KCTS 9 has been improving the quality of life in the communities we serve by providing meaningful content that informs, involves and inspires. Throughout the year, KCTS 9 seeks to provide lifelong learning opportunities for everyone in our community, broadcasting 8,700 hours of quality programming to an average weekly audience of 2.3 million viewers of all ages. KCTS 9 presents nearly 50 hours each week of nonviolent, commercial-free programs designed to stimulate young viewers' development and learning skills. As part of the KCTS 9 Early Learning Initiative, KCTS Kids & Family Workshops show parents and caregivers how to use KCTS 9 programming in conjunction with books and activities to create developmental opportunities in the home. For more information go to: [KCTS9.org](http://KCTS9.org).

## ADDITIONAL SPONSORS

### Columbia Hospitality

Columbia Hospitality creates memorable experiences for guests, managing a growing portfolio of award-winning hotels, spas, conference centers and unique hospitality venues. The portfolio includes Salish Lodge & Spa located just 30 minutes from downtown Seattle, and on San Juan Island, Friday Harbor House and Lakedale Resort at Three Lakes. For a complete list of properties, visit [columbiahospitality.com](http://columbiahospitality.com).

### Olympic Park Institute

Olympic Park Institute, a campus of NatureBridge, is connecting youth and families to nature. Since 1987, our award-winning field science programs have inspired a personal connection to the natural world and responsible actions to sustain it. In partnership with Olympic National Park, we provide residential environmental education programs. We are excited to introduce family adventure weekends this spring!

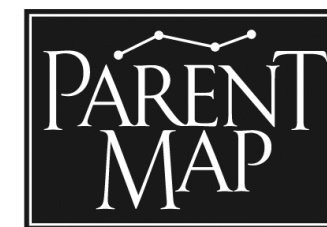
### Trophy Cupcakes

Fun, fancy, or completely custom... Trophy's creates exquisite cupcakes to match any celebration. Made from scratch with the finest quality ingredients, Trophy cupcakes are perfect for birthdays, baby showers, weddings ... or any day of the week! Wallingford, University Village and The Bravern (Bellevue). 206-632-7020. [www.trophycupcakes.com](http://www.trophycupcakes.com)

### O Wines

O Wines was founded by Kathy Johanson and Stacy Lill in 2006. "O" stands for OPPORTUNITY. O Wines donates 100% of net profits to fund educational scholarships for low income, high potential girls. Since the first bottle of O hit the market in March of 2008 - they have funded 29 scholarships! Thank you for your continued support! "Remember to Eat, Drink O Wines, and Give Charitably" [www.owines.com](http://www.owines.com)

# Learn. Ask. Share.



2010  
*Pathways*

# LECTURE SERIES

FOR PARENTS

*Knowledge and inspiration for your parenting journey.*

## Sexy Too Soon? Media, Body Image and Self-Esteem

WEDNESDAY, APRIL 14  
SEATTLE CHILDREN'S THEATRE

PRESENTING SPONSORS



Seattle Children's  
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KCTS9

ADDITIONAL SPONSORS



Popular culture bombards us – and our children – with sexy images, clothing, toys, Web sites, downloadable music and TV shows that, once upon a time, would have made any 13-year-old blush. This panel will discuss the pressures that today’s girls feel regarding their body image, sexuality and social status. What’s the new “normal” when it comes to makeup, minis, and tight, trendy, tees? What does “sexy” really mean these days? And where are the grown-ups while all this fast-tracking is going on?

#### **Margo Myers, Moderator**

Myers is the principal at Margo Myers Communications, helping businesses tell their stories effectively to gain positive media exposure and grow their profits. She also aids companies with strategic communications planning, as well as developing their written and online materials.

Myers is an award winning journalist who spent more than 20 years as a TV news anchor and reporter in Seattle at both KIRO-TV and KOMO-TV, as well as in California. She covered a wide range of stories and issues, from politics, to the environment, and breaking news.

She is active in the non-profit community, emceeding fundraising luncheons and events. You can visit her at [www.margomyers.com](http://www.margomyers.com).

#### **WHO ARE THE PANELISTS?**

##### **Amy Lang**

Amy Lang, MA is the author of Mom’s Choice Award® winning books *Birds + Bees + YOUR Kids – A guide to sharing your beliefs about sexuality, love, and relationships* and *The Ask ANYTHING Journal* for kids to help them get answers to tough questions. She helps parents talk to kids about the birds and the bees and you can learn more about her workshops, talks and consultations at [BirdsAndBeesAndKids.com](http://BirdsAndBeesAndKids.com).

##### **Dr. Diana Wiley**

Respected, fascinating and fun – Dr. Diana Wiley has almost 30 years experience as a Board-Certified Sex Therapist and a California Licensed Marriage and Family Therapist. She was a sex therapist at UCLA’s Female Sexual Medicine Center, and is now affiliated with the Seattle Institute for Sex Therapy, Education and Research. She has spoken to parents in various PTA’s on “Talking to your Kids about Sex” – and is familiar with eating disorders and body-image distortion. Besides hosting a radio show in Hawaii that ran for five years, now Dr. Diana

has a program on [www.ProgressiveRadioNetwork.com](http://www.ProgressiveRadioNetwork.com) called “Love, Lust and Laughter.” You may learn more at [www.DrDianaWiley.com](http://www.DrDianaWiley.com).

##### **Julie Metzger**

Julie is a nurse, who along with her colleague Dr. Rob Lehman, founded the popular program at Seattle Children’s Hospital called “For Girls Only” and “For Boys Only.” Julie and her colleagues will be expanding their pre-teen classes to Overlake Hospital this summer, and sharing the program with Stanford Medical Center. For more than 20 years, these classes for teens and pre-teens, offered through their company, Great Conversations, is shared with thousands of children and their families about puberty, adolescence and sexuality.

##### **Emily Cherkin**

Emily Cherkin has a Masters in Education with a focus on Conflict Resolution and Peaceable Schools from Lesley University and has been teaching 7th grade for nearly 8 years (the last 6 of which have been at Seattle Academy of Arts and Sciences). Two years ago, Emily transitioned from teaching 7th grade English to focus on building media literacy, anti-bullying, friendship, communication, and tolerance skills throughout the middle school. Remembering her own turbulent years as a middle school student, Emily tries to bring empathy and understanding to students who want to talk about these issues but often don’t have an appropriate outlet. Emily also practices patience and understanding in her life as the mom of a very enthusiastic two-year-old son. She is honored to be a part of this panel.

##### **Sofia Barsher**

Sofia is an eighth-grader at Seattle Academy of Arts and Sciences. She likes to play sports, specifically soccer, horseback riding, tennis and basketball. Her favorite shopping excursions include Urban Outfitters and American Eagle.

##### **Sydney Schumacher**

Sydney attends Seattle Academy of Arts and Sciences and is in 8th grade. She runs cross country and trains every day after school. Her favorite stores include Old Navy and H&M.

#### **THANK YOU! TO OUR GOODIE BAG DONORS**

Barefoot Books • Olympic Park Institute • Lululemon  
Trophy Cupcakes • Knickerbocker Glory  
Committee for Children • Julia’s Kitchen  
PEACE of Mind • Seattle Children’s Theatre

#### **TONIGHT’S BLOGGERS:**

- Jenny Ingram - [www.jennyonthespot.com](http://www.jennyonthespot.com)
- Taraneh Guidry - [seattlemommy.com/](http://seattlemommy.com/)
- Giyen Kim - [www.baconismyenemy.com/](http://www.baconismyenemy.com/)
- Maya Bisineer - [thinkmaya.com](http://thinkmaya.com)
- Leslie Flinger - [mrs.flinger.us](http://mrs.flinger.us)
- Brett Nordquist - <http://blog.nordquist.org/>

#### **TOP PARENT ACTION ITEMS (as recommended by our panelists)**

1. Know what your kids are watching/listening to. Once parents are aware of what their kids are being exposed to through music/internet/TV/movies, etc., THEN you can have a conversation about it. Help them think about what they are seeing. And since teens are especially wary of conversing with their parents, it should be done in a way that doesn’t condemn or judge their choices, but asks the teens to explain WHY they like a song/show/etc. Once you’ve have the conversation, you can start to talk about your family values and how these things might line up (or not) with those values.
2. Talk to your kids about sexuality and your values from the time they are in kindergarten, consistently, until they are out of the nest.
3. Do not diet or talk about how fat you are in front of your girls. Be a role model for healthy eating and positive body image.
4. You are in charge of what they wear (you buy the clothes). Talk about what’s appropriate and help them make choices that aren’t sexualized.
5. Trust your gut – if it seems too sexy – IT IS. Quit thinking it’s okay because everyone else’s kids are doing it.
6. Parental sex education is essential – with “rehearsals” for potentially difficult, sticky situations.

#### **UPCOMING LECTURES**

##### **JOHN GOTTMAN, PH.D.**

“Making Marriage Work”

May 4, 2010, 7 – 9 pm

Town Hall

Dr. Gottman, founder of the Gottman Institute for Marriage Research, offers tools for taking your marriage to the next level...and may provide at least one “aha” moment! Dr. Gottman’s 30 years of breakthrough research on marriage and parenting has earned him numerous major awards. He is the author or co-author of 40 books, including the New York Times bestseller *The Seven Principles for Making Marriage Work*. A sure-fire sell-out; get your tickets without delay.

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##### **MINDSET: POSITIVE SKILLS FOR POWERFUL KIDS**

**A conversation with Carol Dweck and Eric Liu**

May 20, 2010, 7 – 9 pm

Mercer Island High School Performing Arts Center

*Jointly sponsored by ParentMap and the Parent Education Committees of West Mercer, Island Park, Lakeridge, Islander Middle, Mercer Island High and St. Monica Schools.*

Spend an evening with two leading-edge learning experts as Dr. Carol Dweck and Eric Liu discuss Dweck’s groundbreaking book, *Mindset: The New Psychology of Success*. One of the leading researchers in the field of motivation, Dweck explains why being smart and talented doesn’t always add up to success. What is a “fixed” mindset, and why should you avoid it? Join us for a fascinating discussion and learn practical ways to encourage a “growth” mindset in your children.

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For more information or to purchase tickets, go to  
**[www.parentmap.com](http://www.parentmap.com) or call 800-838-3006**