



CHKD/Kohl's Cares for Kids

# Family Forum

A free lecture series on children's health and wellness

## Me, MySpace and I: Parenting the Net Generation

*a FREE program*

Children consume massive doses of a "media diet" including the Internet, MySpace, texting, television, music and much more. These all provide unique environments for pre-teens and adolescents to explore their identity, friendships and sexuality. Learn suggestions for proactive parenting that include ground rules and realistic limits on screen time and how to help your child thrive in the virtual world and still stay connected as a family.

**Thursday, November 12 • 7-9 p.m.**

CHKD Brickhouse Auditorium

601 Children's Lane, Norfolk

*Presented by*



*in partnership with The Parent Connection, Virginia Beach City Public Schools*

*Register for this free program at [www.chkd.org/classes](http://www.chkd.org/classes) or call 668-7500 or 1-800-395-2453.*