

***Sunset Elementary invites you to attend a presentation that reviews research on media influences and our children and how that impacts their sense of self.***

## **How Our Children See Themselves**

**Julie Metzger RN, MN**

**November 5<sup>th</sup> 2014  
7:00-8:30 p.m.  
Sunset Elementary**

A discussion of the ways our children see themselves through messages from the Culture, from Families, from the Media and how that impacts their ideas on their body, their sexuality, and their self-esteem.

- How can we encourage our children to have a healthy sense of self with a tsunami of the culture impacting their daily lives?
- How are families influenced by the messages bombarding them and how can parents help communicate a healthy message to their children?

Julie Metzger, RN MN is a pediatric nurse, writer and educator. She created *Heart to Heart, For Girls Only* on puberty and sexuality for pre-teens and parents which has been shared with tens of thousands of participants in the Puget Sound region and in Palo Alto CA over the past 20 years. Julie has also written and presented a health curriculum on decision making for middle and high school students. She is a well respected and popular speaker on a wide range of parenting issues. Julie is a co-founder of *Great Conversations* – focused on health education for families. She and her colleague Dr. Rob Lehman recently published a book for preteens: Will Puberty Last My Whole Life? Julie's new book, This is Me – A Girl's Journal was just published in August 2014.