

## Grafton High School Press Release

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Parents who have teenagers know their teens are key users of all things related to technology. The Grafton High School Student Wellness Committee will host a presentation about teenagers' use of technology. The presentation will be Nov. 27 at 6:30 p.m. in the GHS Auditorium

Dr. Justin Patchin, a professor of criminal justice at the University of Wisconsin-Eau Claire, will be the presenter.

Designed for parents and other adults who care about kids, this is a free presentation. According to Patchin's website, Cyberbullying.org, the presentation provides "a broad overview of the way teens are using and misusing their phones and various Internet-based technologies with a focus on cyberbullying, sexting and unsafe social media practices."

Patchin will discuss the latest apps and sites that are popular with youth today. Specific subtopics of the presentation will include helping youth develop moral compasses, the pros and cons of filtering and monitoring, how to work with the school, and how to build resilience and improve communication with your child.

Patchin earned a Ph.D. in criminal justice from Michigan State University. Since 2002, his research has explored the intersection of teens and technology, with particular focus on cyberbullying, social networking and sexting.

Representatives from Ozaukee Family Services, Starting Point of Ozaukee and Cope Services will also have informational booths at the presentation.

Grafton High School will be highlighting the benefits of both mental and physical wellness throughout the week of Nov. 27. Activities include local vendors sharing healthy food options during lunch, teacher-led wellness activities and strategies for students to cope with everyday stress.

"Student anxiety and stress seems to be at an all-time high. If we can provide students with anxiety-reducing skills and other positive coping mechanisms, I am hopeful that some of the mental health issues in school can be lessened," school counselor Greg Johnson said.

Please contact Mr. Mike Kalina, Grafton High School Dean of Students, with any questions, at [262-376-5502](tel:262-376-5502).

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