

NE REGIONAL CONFERENCE //

GROWING UP IN THE DIGITAL WORLD – IS IT TIME TO UPGRADE YOUR PROCESSOR?

PRESENTERS: ERIN WALSH // JIM NELSON



// MARCH 6, 2012
8:00-3:30 PM

Lake Superior College
Building W
Duluth, MN

// AGENDA

- 7:30** Registrations
- 8:00** Welcome
- 8:15** From Online Safety to Digital Citizenship (Part I): Erin Walsh
- 10:15** Break
- 10:30** From Online Safety to Digital Citizenship (Part II): Erin Walsh
- 12:30** Lunch
- 1:30** Running on Empty: The Seduction and Destruction of Our Youth: Jim Nelson
- 3:30** Adjourn

Lunch with a beverage is included. Other snacks and beverages (including coffee) will be on your own. There are vending machines available.

// REGISTRATION (SEE MORE YIPA TRAININGS)

To Register: register on-line, complete the fillable form below and email to news@mnyipa.org or mail to YIPA Regional Office, 3020 I60th LN NE, Ham Lake, MN 55304.

A limited number of scholarships are available, call to inquire: Paul Meunier, Director of Services // MN Youth Intervention Program Association (YIPA) // 763.434.4190 (W) // 1-888-945-9472 (toll free) // 763.390.0025 (fax)

Six CEUs for the MN Board of Social Work, MN Board of Psychology, MN POST, MN Board of Marriage and Family Therapy, MN Board of School Administrators are approved.



// CONFERENCE REGISTRATION FORM

GROWING UP IN THE DIGITAL WORLD – IS IT TIME TO UPGRADE YOUR PROCESSOR?

Name _____

Day Phone _____ E-mail (For registration confirmation) _____

Address _____ City _____ St _____ Zip _____

Organization/School District _____ Title/Position _____

Charge: Visa Mastercard Discover Account #: _____ Expiration Date: _____

Signature: _____

Charge Address: _____ (zip) _____

Registration: NON-YIPA member registration - \$75.00 YIPA member registration - \$65.00 Promise Fellows - \$20.00

Six CEUs for the MN Board of Social Work, MN Board of Psychology, MN POST, MN Board of Marriage and Family Therapy, MN Board of School Administrators are approved.

Total Payment: \$ _____

Make checks payable to the Minnesota Youth Intervention Programs Association (YIPA)

Return to: YIPA Regional Office, 3020 I60th LN NE, Ham Lake, MN 55304.

COURSE DESCRIPTION & OBJECTIVES //

GROWING UP IN THE DIGITAL WORLD – IS IT TIME TO UPGRADE YOUR PROCESSOR?

The digital world creates many challenges and opportunities for our youth. Just like technology, you'll never be done learning new things about them. Now more than ever, you need to keep abreast of latest trends and innovations if you plan to be an effective youth intervention specialist. By attending this conference you will develop a better understanding of how you should approach youth growing up in the digital age and how to guide them down the never explored path of exploding technological advances.

PRESENTED BY: **ERIN WALSH**

WELCOME TO YOUTH WORK IN WEB 2.0

The Internet, social networking, cell phones, video games and other new digital media are game changers in the lives of youth and families. Young people multi-task, play online video games, create their own YouTube videos, text their friends and hang out on Facebook – activities that are rich with both opportunities and risks. Erin Walsh will explain how technology is changing the ways that young people live, learn, and socialize.

She will describe the incredible opportunities associated with growing up in a digital world as well as what to watch out for. Participants will leave this workshop with a better understanding of how new media impact young people's cognitive and moral development. Combining cutting edge research with warm stories and strategies, Erin Walsh will arm youth-serving professionals with the information and resources they need to help young people develop the critical skills of digital citizenship. This workshop will answer important questions like:

// COURSE OBJECTIVES

- Are young people really good multi-taskers?
 - Is Internet addiction real?
 - What are healthy parameters around media use?
 - Is technology connecting us or disconnecting us?
 - What can young people do to become good, caring digital citizens?
-

// AFTERNOON TRAINING PRESENTED BY: **JIM NELSON**

RUNNING ON EMPTY: THE SEDUCTION AND DESTRUCTION OF OUR YOUTH.

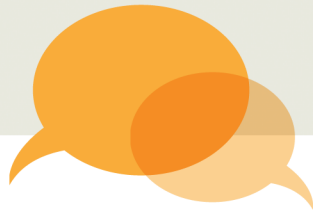
There has been a quantum shift in the societal messages that have put our youth at risk. The four primitive urges that govern human emotions are being manipulated by media and advertisers causing a shift in cultural norms. This has created tremendous stress and emotional damage for our young. This is reflected in increased anger and hostility, anxiety, depression and loneliness. These messages have created a malaise of purposeless activity resulting in a growing alienation and despair. Jim Nelson has worked his entire adult life with young people as a Clinical and Consulting psychologist and as a teacher. He will explore both the causes of this downward spiral as well as proven and practical interventions to help reverse these destructive trends.

// COURSE OBJECTIVES

- Learn the 4 primitive Urges and their relationship to all stress and negative emotions.
- Explain the Media and Advertiser's role in exploiting the 4 primitive urges as well as shifts in the cultural values and messages that put our youth at greater risk of Mental Health problems including depression, impulse control issues, anxiety, loneliness and alienation.
- Know at least one exercise to help youth reflect on their own purpose and list several benefits of Creating Purpose and Meaning for Youth to counteract these destructive trends.
- Learn at least 3 strategies and exercises designed to help Youth gain self-awareness of the imbalances caused by poor choices regarding the 4 Primitive Urges.

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ABOUT THE PRESENTERS //



ERIN WALSH



Erin Walsh, M.A. is a dynamic, knowledgeable speaker who has addressed a wide range of audiences on topics related to brain development and raising resilient young people in the digital age. Erin was instrumental to the development of the MediaWise movement and enjoyed working with her father for the past 10 years at the National Institute on Media and the Family before creating Mind Positive Parenting in 2010. Erin presents on the powerful role of media in

youth and children's lives and explains how to use this information to understand, communicate with and stay connected with young people.

In addition to working with Mind Positive Parenting, Erin is a keynote speaker for Search Institute, an organization that provides leadership, knowledge and resources to promote healthy families, youth, and communities. She also teaches undergraduate students at the University of Minnesota and the Higher Education Consortium for Urban Affairs, an off-campus study organization dedicated to education for social justice. She is passionate about integrating digital technologies into pedagogy and curriculum in ways that help young people build bridges between the virtual and real worlds. Erin also works with students and non-profit organizations on digital storytelling projects, believing that capturing and sharing our stories can lead to learning, action, and positive change.

Erin taps into her experience counseling and leading young people in outdoor and wilderness experiences. She has consulted with schools, school districts, parent groups and other youth serving organizations throughout the country on issues related to digital media, children, youth. Erin taps into her experience counseling and leading young people in outdoor and wilderness experiences. She has consulted with schools, school districts, parent groups and other youth serving organizations throughout the country on issues related to digital media, children, youth.

JIM NELSON



Jim Nelson, LP (retired) worked for over 20 years as a psychologist at a Mental Health Clinic, in private practice, and at "Transition Plus" working with at risk students in the Anoka School District. He was on the Anoka-Hennepin Mental Health Advisory Board and has taught for almost 40 years. He was selected to the Who's Who of American Teachers and was one of the first recipients of Medtronic's Outstanding Teacher Award.

Jim speaks nationally and internationally on a broad range of topics including: "The Art of Joyful Living", The Origin of Negative Emotions, "The importance of Forgiveness", "The Essential Ingredients for Change" and "The Therapeutic Effects of Silence". He is currently writing the book "Running on Empty" while serving as Vice President of AHYMS, an Association of Meditation Centers in North and South America teaching non-violence and wellness.

YIPA wildly thanks our sponsors for this professional development opportunity.

- Northland Foundation
- Duluth Superior Foundation



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