

inform engage inspire

Welcome to the Common Ground Speaker Series. We hope you will join us for a new season dedicated to inspiring strong families and engaging school communities through parent education.

DUCT TAPE PARENTING

*Step Back So
Kids Can Step Up*

VICKI HOEFLE

Tues. Sept 25, 9:30am

Saint Andrew's
Episcopal School
13601 Saratoga Ave
Saratoga

Tues. Sept 25, 7:00pm

Woodside Elementary
3195 Woodside Rd
Woodside

Wed. Sept 26, 9:30am

The Carey School
1 Carey School Ln
San Mateo

DON'T HURRY, BE HAPPY

*Parenting in a
Fast-Paced World*

CARL HONORÉ

Tues. Oct 23, 9:30am

Phillips Brooks School
2245 Avy Ave
Menlo Park

Tues. Oct 23, 7:00pm

Yavneh Day School
14855 Oka Rd
Los Gatos

Wed. Oct 24, 7:00pm

Crystal Springs
Uplands School
400 Uplands Dr
Hillsborough

CHANGING BODIES, CHANGING TIMES

*Laying the Groundwork
for Healthy Relationships*

JUSTINE FONTE, MEd, MPH

Tues. Jan 29, 9:30am

The Nueva School,
Bay Meadows Campus
131 E 28th Ave
San Mateo

Wed. Jan 30, 9:30am

The Harker School,
Middle School Campus
3800 Blackford Ave
San Jose

Wed. Jan 30, 7:00pm

Woodside Priory
302 Portola Rd
Portola Valley

SCREENSMART

*Best Practices for
Media-Wise Families*

**MICHAEL RICH, MD, MPH
& MANOUSH ZOMORODI**

Tues. Mar 19, 9:30am

The Nueva School,
Hillsborough Campus
6565 Skyline Blvd
Hillsborough

Wed. Mar 20, 9:30am

Saint Andrew's
Episcopal School
13601 Saratoga Ave
Saratoga

Wed. Mar 20, 7:00pm

Menlo School
50 Valparaiso Ave
Atherton

Please join us! All Common Ground Speaker Series events are free of charge to the parents, faculty and staff of our member schools. Adults not affiliated with a member school may attend for a \$20 fee at the door. Doors open 30 minutes prior to events and books may be purchased on site in partnership with Books, Inc.

VICKI HOEFLE
Duct Tape Parenting



Vicki Hoefle, a no-nonsense parent coach and educator, mother of six and author of *Duct Tape Parenting*, challenges us to let our kids learn from their own mistakes – even if it takes a powerful adhesive to keep our mouths shut and hands firmly in our laps. She offers a new perspective

on what it means to be an effective, engaged parent and how giving our children space to solve their own problems is key to self-regulation and self-confidence. Hoefle will also help us navigate the tricky terrain of parenting as partners and provide resources and tools to help guide us towards collaborative decision making.

**MICHAEL RICH, MD, MPH
& MANOUSH ZOMORODI**
Screensmart



Dr. Michael Rich and Manoush Zomorodi will join us for a conversation about digital media and its impact, both positive and negative, on our children and teens. They will

offer research-based answers to questions about media use in the home and its impact on family health and child development. These media experts will also help us rethink our gadget use to thrive in today's pervasive digital ecosystem.

Rich, widely known as The Mediatrix, is one of the nation's top experts on children and media. He is an associate professor of Pediatrics at Harvard Medical School, associate professor of Social and Behavioral Sciences at the Harvard School of Public Health, and practices Adolescent Medicine at Boston Children's Hospital. Rich is the founder and director of the Center on Media and Child Health as well as a pediatrician, researcher, father and media aficionado.

Zomorodi is co-founder of Stable Genius Productions, a media company with a mission to help people navigate personal and global change. Investigating how technology is transforming humanity is Zomorodi's passion and expertise. In 2017, she wrote *Bored and Brilliant: How Spacing Out Can Unlock Your Most Creative Self* and gave a TED Talk about surviving information overload and the Attention Economy.

CARL HONORÉ
Don't Hurry, Be Happy



Common Ground is delighted to welcome Carl Honoré, a global guru of the fast-growing Slow Movement, to our stage from London. This award-winning author, broadcaster and TED speaker travels the world teaching individuals and organizations that the best way to power forward in today's

hypercompetitive, hurry-hurry world is often the radical act of willful deceleration. Honoré's influential works include *In Praise of Slowness*, *The Slow Fix* and *Under Pressure*. Host of the podcast, *The Slow Revolution*, his TED talk on the benefits of resisting today's cult of speed has been viewed by more than 2.5 million people. Don't miss this opportunity to hear from a warm, insightful and often humorous speaker on ways to align your family's clock, creating homes of greater joy, productivity, creativity and health.

JUSTINE FONTE, MEd, MPH
Changing Bodies, Changing Times



Justine Fonte, a leading sexuality educator and social justice activist, will explore the skills children and teens need to develop healthy relationships in today's world. Her practical advice on raising digitally-connected kids will include the changing dynamics of love, desire and consent as well

as the importance of talking frankly with our kids about the psychological and social impact of pornography. Fonte promotes allyship, the lifelong process of building ethical relationships based on self-respect, trust, consistency and accountability. She encourages kids to exercise agency over their bodies and to embrace their authentic selves. Fonte is the director of Health and Wellness at the Dalton School in New York City, where she teaches health and sex-positive programs for students, parents and faculty.