

“Recognizing & Responding to Stressors & Pressures in Middle School Girls”

Dr. Lisa Machoian, EdD

October 20th, 7-9 PM

**Chenery Middle School
Auditorium**

Girls in middle school are under increasing external stressors related to social media, bullying, cyber safety and sexting along with internal pressures of self-esteem, puberty and peer pressure. Stress can lead to anxiety and depression, which can lead to unhealthy coping skills such as cutting, eating disorders and substance abuse. This presentation will focus on specific stressors for girls and how parents can recognize signs and signals of distress and help girls learn to cope in healthy ways. Learn how to differentiate between serious problems versus “teen angst” & “mood swings”, along with practical strategies parents can use to foster resilience, positive identity and self-esteem.



Dr. Lisa Machoian, EdD, is an expert on child and adolescent mental health with a specialization in adolescent girls. She is the author of, “The Disappearing Girl: Learning the Language of Teenage Depression” and holds a doctorate degree from Harvard University Graduate School of Education. She has worked with youth and families for over 25 years and is in private practice in Belmont, MA.