



## Your Turn: How to Be an Adult Julie Lythcott-Haims

*New York Times* bestselling author of *How to Raise an Adult* and *Real American*.

## Gia Clarke

Founding member and marketing co-chair of the Honors BIPOC Coalition, Loyola University Chicago, and graduate, ETHS Class of 2019.

**Thursday, April 22, 2021, 7:00 PM Central**

**[www.bit.ly/JulieFANWebinar](http://www.bit.ly/JulieFANWebinar)**

**PLUS: After-Hours Event!**

Purchase a copy of *Your Turn* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Ms. Lythcott-Haims and Ms. Clarke. Details on the webinar registration page.

Presented by **Family Action Network (FAN)**,

**Baker Demonstration School, Beacon Academy, Chiaravalle Montessori School, Christ Church Winnetka, Compass Health Center, Family Service of Glencoe, Haven Youth and Family Services, Latin School of Chicago, Mindful Psychology Associates, New Trier Parents' Association, North Shore Country Day School, Porter-Gaud Parent Association, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, School of Education and Social Policy at Northwestern University, Science and Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, and Wintrust Bank.**

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ [familyactionnetwork.net](http://familyactionnetwork.net)  
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**FOR IMMEDIATE RELEASE: JULIE LYTHCOTT-HAIMS**

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**Thursday, April 22, 2021, 7:00-8:00 PM, Your Turn: How to Be an Adult, a FAN webinar featuring Julie Lythcott-Haims, in conversation with Gia Clarke.**

**REGISTER:** [www.bit.ly/JulieFANWebinar](http://www.bit.ly/JulieFANWebinar).

**BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *Your Turn* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Ms. Lythcott-Haims and Ms. Clarke that will start immediately after the webinar. Details on the webinar registration page.

Five years ago, **Julie Lythcott-Haims** exploded onto the market with her *New York Times* bestselling book *How to Raise an Adult*, addressing the ways in which over-parenting robs our children of agency and resilience. Her TED Talk on the subject has more than 5 million views, and in 2020 she became a regular contributor with *CBS This Morning* on parenting. Now, with the publication of her hotly anticipated new book, *Your Turn: How to Be an Adult*, Ms. Lythcott-Haims shifts her sights to those kids, now 18 to 35 years old, about whose unreadiness for adulthood much has been spoken, reported, and memed over the last ten years. Here, with a lens of humility and curiosity on this generation, she offers a compassionate and personal account of what it means to be a grown-up today.

In the twentieth century, psychologists came up with five markers of adulthood: finish your education, get a job, leave home, marry, and have children. Early adulthood for members of the Millennial and Gen Z generations looks a lot different. Those old markers are *choices* – valid choices – but any one person's choices along those lines do not make them more or less an adult. In *Your Turn*, Ms. Lythcott-Haims argues that being an adult is not about any particular checklist; it is, instead, a process, one you can get progressively better at over time. Once you begin to practice it, being an adult becomes the most complicated yet also the most abundantly rewarding and natural thing.

Notably, Ms. Lythcott-Haims crafted a text that imagines all readers, incorporating perspectives of people whom in the aggregate reflect the rich diversity of our human community, intentionally bringing those who have been kept in the margins onto the center of the page.

Ms. Lythcott Haims will be in conversation with **Gia Clarke**, an honors student at Loyola University Chicago majoring in advertising/public relations and anthropology. A 2019 graduate of Evanston Township High School, Ms. Clarke is a founding member and marketing co-chair of the Honors BIPOC Coalition, an organization dedicated to diversifying the Honors Program at LUC.

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