



Girls on the Brink: Helping Our Daughters Thrive in the Era of Increased Anxiety, Depression, and Social Media

Donna Jackson Nakazawa

Award-winning author of four books that explore the intersection of neuroscience, immunology, and emotion.

Michelle Icard

Author of *Fourteen Talks by Age Fourteen* and *Middle School Makeover*.

Thursday, October 13, 2022, 7:00 PM Central (on Zoom)

Register: www.bit.ly/NakazawaFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Girls on the Brink* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Nakazawa and Icard.

Presented by **Family Action Network (FAN)**, in partnership with

Baker Demonstration School, Barrington D220, Beacon Academy, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Gorton Community Center, Haven Youth and Family Services, Hyde Park Day School, Lake Bluff D65, Lake Forest Academy, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Mindful Psychology Associates, Morgan Park Academy, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Avery Coonley School, The Family Institute at Northwestern University, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Winnetka D36, Wolcott College Prep, and Woodlands Academy.

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+ familyactionnetwork.net

Sponsors



Partners



Supporters

The Anderson Family
Joanne & Jeff Burgess
Connections for the Homeless
Fusion Academy
Gorton Community Center
Stephanie & Roger Hochschild
Maureen & Collin Kebo

Lori & Ross Laser
Mammel Foundation
The McCall Family
New Trier Parents' Association
Northwestern University/SESP
Rebel Human
Santa Clara University College of Law

Julene & John Stellato
The Alliance for Early Childhood
University of Chicago Crown Family School of Social Work, Policy, and Practice
University of Chicago Laboratory Schools Parents' Association
Youth & Opportunity United (Y.O.U.)

Community Allies

Evanston Scholars
Family Service Center
Family Service of Glencoe
Foundation 65
Haven Youth and Family Services
Karen & Steven Malkin
Lake Michigan Association of Independent Schools (LMAIS)

Mindful Psychology Associates
New Trier Multifaith Alliance
Northwestern University Office of Neighborhood & Community Relations
Cari & Michael Sacks
Lonnie Stonitsch & Eric Dynowski
Wilmette Public Library
Winnetka-Northfield Public Library District
Wintrust Financial

In-Kind

Acclaim Media
Deft
Kirkland & Ellis
The Book Stall



FOR IMMEDIATE RELEASE: DONNA JACKSON NAKAZAWA – ON ZOOM

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Thursday, October 13, 2022, 7:00-8:00 PM, Girls on the Brink: Helping Our Daughters Thrive in the Era of Increased Anxiety, Depression, and Social Media, a FAN webinar featuring Donna Jackson Nakazawa, in conversation with Michelle Icard.

REGISTER: www.bit.ly/NakazawaFANWebinar.

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

Anyone caring for girls today knows that our daughters, students, and girls next door are more anxious and more prone to depression and self-harming than ever before. As award-winning writer **Donna Jackson Nakazawa** deftly explains in *Girls on the Brink: Helping Our Daughters Thrive in the Era of Increased Anxiety, Depression, and Social Media*, new findings reveal that the crisis facing today's girls is a biologically rooted phenomenon: the earlier onset of puberty mixes badly with the unchecked bloom of social media and cultural misogyny. When this toxic clash occurs during the critical neurodevelopmental window of adolescence, it can alter the female stress-immune response in ways that derail healthy emotional development.

Though puberty is a particularly critical and vulnerable period, it is also a time during which the female adolescent brain is highly flexible and responsive to certain kinds of support and scaffolding. Indeed, we know now that a girl's innate sensitivity to her environment can, with the right conditions, become her superpower. Nakazawa details the common denominators of such support, shedding new light on the keys to preventing mental health concerns in girls as well as helping those who are already struggling. Drawing on insights from both the latest science and interviews with girls about their adolescent experiences, the author carefully guides adults through fifteen "antidote" strategies to help any teenage girl thrive in the face of stress.

Nakazawa is the author of four books that explore the intersection of neuroscience, immunology, and emotion, including *The Angel and the Assassin*, named one of the best books of 2020 by *Wired* magazine, and *Childhood Disrupted*, which was a finalist for the Books for a Better Life Award. She will be in conversation with **Michelle Icard** (FAN '22), the author of *Fourteen Talks by Age Fourteen* and *Middle School Makeover*.

This event suitable for youth 12+. It will be recorded and available on our website and YouTube channel.

Sponsored by Family Action Network (FAN), in partnership with Baker Demonstration School, Barrington D220, Beacon Academy, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, Evanston Scholars, Evanston Township High School D202, Family Service Center, Family Service of Glencoe, Foundation 65, Francis W. Parker School, Glencoe D35, Gorton Community Center, Haven Youth and Family Services, Hyde Park Day School, Lake Bluff D65, Lake Forest Academy, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Mindful Psychology Associates, Morgan Park Academy, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, Science & Arts Academy, Stevenson High School D125, The Alliance for Early Childhood, The Avery Coonley School, The Family Institute at Northwestern University, University of Chicago Crown Family School of Social Work, Policy, and Practice, University of Chicago Laboratory Schools Parents' Association, Winnetka D36, Wolcott College Prep, and Woodlands Academy.