

Creating Connected Families, Schools, and Communities to Raise a Resilient Generation



Untethered

DOUG BOLTON, PhD



Untethered: Creating Connected Families, Schools, and Communities to Raise a Resilient Generation Doug Bolton, Ph.D.

Clinical psychologist and educational leader and consultant.

Lisa Damour, Ph.D.

Clinical psychologist, *New York Times* bestselling author, *Ask Lisa* podcast co-host, and regular contributor to *CBS News*.

Tuesday, April 8, 2025, 7:00 PM
Register: www.bit.ly/BoltonFANWebinar

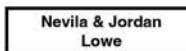
BONUS BOOK GIVEAWAY, sponsored by FAN!
Details on Zoom registration page.

This event is #freeandopentothe public and will be recorded.
Suitable for youth 12+

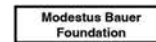
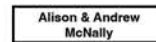
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FOR IMMEDIATE RELEASE: DOUG BOLTON, Ph.D. – ON ZOOM

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Tuesday, April 8, 2025, 7:00 PM, Untethered: Creating Connected Families, Schools, and Communities to Raise a Resilient Generation, a FAN webinar featuring Doug Bolton, Ph.D. in conversation with Lisa Damour, Ph.D. (FAN '19, '20, '21, '23). REGISTER: www.bit.ly/BoltonFANWebinar

BONUS BOOK GIVEAWAY! FAN is giving away copies of *Untethered* to randomly selected Zoom attendees. Details on the webinar registration page.

Over the past decade, children’s mental health challenges have reached epidemic levels—stress, anxiety, childhood depression, and suicide are at unprecedented high rates. Amid high-stakes pressure for kids to succeed, parents and teachers have never needed a road map to healthy child development more urgently. And as clinical psychologist and educator **Doug Bolton, Ph.D.** explains in *Untethered: Creating Connected Families, Schools, and Communities to Raise a Resilient Generation*, his eye-opening and powerful new book, underlying our modern-day stresses is an even more pervasive problem: We’re relying on practices that are not in line with what science tells us about how to truly motivate children and help them thrive.

As Bolton persuasively argues, we need to step away from parenting and teaching based on controlling our children with incentives and punishments—they focus on short-term compliance at the cost of health development. Instead, creating healthy and strongly bonded communities for our children, both in our own families and in our schools, is key to their emotional well-being, and their success in life. *Untethered* offers tools to help us create these communities so our kids develop healthy attachments and learn emotional regulation, helping them feel more connected, less anxious, more included, less shamed, and more securely grounded. The power of communities is not only that they enhance our wellness—they buffer us from the impact of trauma and can be a guiding force in helping kids develop resilience.

Bolton will be in conversation with **Lisa Damour, Ph.D.** (FAN '19, '20, '21, '23), the author of three *New York Times* best sellers: *Untangled*, *Under Pressure*, and *The Emotional Lives of Teenagers*, which have been translated into twenty-three languages. She co-hosts the *Ask Lisa* podcast, works in collaboration with UNICEF, and is recognized as a thought leader by the American Psychological Association. Damour authored the monthly *Adolescence* column for *The New York Times*, is a regular contributor to *CBS News*, and created *Untangling 10to20*, a digital library of premium content to support teens and those who care for them.

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

Sponsored by **FAN**, in partnership with The Alliance for Early Childhood, The Avery Coonley School, Avoca D37, Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, The Cove School, Evanston Scholars, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Glenview Public Library, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, Magnetar Capital, Morgan Park Academy, Near North Montessori School, New Trier High School D203, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, St. Bernard’s School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, UChicago Network for College Success, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette D39, Wilmette Public Library, Winnetka D36, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.