



Preventing High-Risk Behavior in Teens

I've heard about sexting...when does that really start happening?

I've overheard my kids talking about parties where kids are drinking, what do I say?

My kids are always on social media and I worry what they post.

My child is being excluded from their usual group of friends, what can I do?

Hallways (formerly the Freedom Institute Independent School Program) is a high-risk prevention and social-emotional wellness program that is rooted in over 30 years of experience within the independent schools in New York City. We base our programming on the latest research in prevention science, which tells us that instead of focusing on the dangers of high risk behavior, successful prevention programs promote positive youth development, so as to equip students with the skills needed to manage challenges that they may face socially and emotionally. By reducing risk factors and building critical life skills, such as decision making, empathy, and healthy coping, students are more likely to thrive and less likely to engage in concerning behaviors.

Hallways will provide parents and caregivers from the Berkeley Carroll School information about the overall risks facing independent school youth in NYC and key findings from our 9th through 12th grade assessments. Using this data, we will focus in on how parents can enhance protective factors within their children and offer tools for effective communication around challenging issues, such as navigating social media, responding to pressure to drink or hook up at parties, and coping with stress and anxiety. As parents and caregivers often struggle with finding the “right” words when speaking about sensitive topics, we will also share some talking points and common scenarios.

For more information, please contact:

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