



18th Annual PAWS Conference
Middle School Workshop Descriptions
Friday, March 23, 2012
Manchester Community College

Please review the workshop descriptions and select your top 2 track choices from the 3 options below.

TRACK 1

Stretch Your Way to Less Stress: Learn easy to follow, step-by-step ways to reduce stress & increase your energy. "Do any-where" techniques to soothe emotions and feel clear & confident in any situation.

Together sampling stretching, strengthening, breathing and relaxing you'll find relief in your body to feel your best. You'll leave the session with a raised level of personal empowerment motivated for success in your life!

Let Your Voice Be Heard!: High School Youth Commissioners will facilitate an interactive workshop on effective ways to be heard and to work with adults. Be seen as a resource instead of a recipient to help you make change in your school and in the community.

TRACK 2

Zumba!: Experience the latest craze in fun and fitness! Follow easy to learn steps in order to move and dance your way to health, stress relief and fun!

Youth Strategies for Effective Communication: Through informative and interactive role playing, members of the Youth Advisory Council will encourage students to communicate about issues related to alcohol, drugs and peer pressure. This workshop will also include information on various preventative measures that can be taken by youths in order to combat this epidemic.

TRACK 3

Ultimate Game, Ultimate Fun! A unique workshop that encourages team work and friendly competition. Get to know students from other schools in this high energy and brain stimulating session! LOTS of FUN!!

Stop Mean Spirited Behavior- Can you really define bullying? Explore what it means to be a mean spirited vs. a bully and gain insight on becoming a resource for change in your school. All takes is one person to make a difference!

The afternoon keynote presentation will take place in the auditorium and will feature Mr. Scott Driscoll. Mr. Driscoll has taught thousands of parents and children about internet safety and has investigated numerous crimes against children online.

He has very important and timely information to share with all PAWS participants regarding internet safety, cyber bullying and taking pictures of one's self and sending them. This workshop is a MUST SEE for everyone. The information he shares with you may save you or a friend.