

**Tuesday, January 15, 2019**

**7 pm – 8:15 pm at Woodinville High School**

**Attention Northshore School District Elementary Parents:**



You are invited to a special evening presentation with children's advocate and bestselling author Trudy Ludwig

**Understanding Our Kids' Offline & Online Social World:  
Friendships, Cliques & Power Plays**

Intentional exclusion, gossip, the silent treatment, teasing, and the spreading of rumors are often dismissed as normal rites of passage, but research shows these behaviors are a form of emotional bullying and they are as harmful as physical bullying—with long-term negative effects. Learn more about relational aggression (the use of relationships to manipulate and hurt others) including the latest research findings, the nature of boys' and girls' friendships, cyberbullying, as well as tips, tools, and resources to help you empower your children in their relationships with their peers.

Trudy Ludwig's work and presentations have received high praise from leading experts, educators, and organizations. Her acclaimed books, *My Secret Bully*, *Just Kidding*, *Sorry*, *Trouble Talk*<sup>®</sup>, *Too Perfect*, *Confessions of a Former Bully*, *Better Than You*, *The Invisible Boy*, *Gifts from the Enemy* and *Quiet Please, Owen McPhee!* focus on helping children thrive in their social world. An award-winning writer and an engaging speaker, Trudy has been featured on numerous U.S. media outlets including ABC's "Good Morning America," PBS's "Keeping Kids Healthy," *Wall Street Journal*, *Huffington Post*, Reading Rainbow, the National Crime Prevention Council's Circle of Respect Program, and she has served as an expert panel member on Sesame Workshop's video series addressing bullying.

**This presentation is for adults only**

For more information, visit Trudy's website, [www.trudyludwig.com](http://www.trudyludwig.com), or contact your school office.

**Our special thanks to Cottage Lake, Wellington, Bear Creek &  
East Ridge Elementary Schools for co-sponsoring  
this evening parent event.**