

## **Humanity 101 on the Homefront: Fall 2019 "Parenting" Programming**

### **Highlights:**

- 4 events
- 32 subject experts (academic, clinical, and community)
- 172 attendees
- 21 community partners (external to ASU)
  - 4th Trimester
  - AZ Trans Youth and Parent Organization
  - Boys to Men
  - City of Tempe CARE7
  - City of Tempe Human Services Department
  - City of Tempe Westside Community Center
  - "Fight 4 Life" NO EXCUSES
  - First Name Basis
  - Glendale Community College
  - ICAN
  - Mountain Pointe High School
  - Native American Connections
  - New Song Center
  - one n ten
  - The Peaceful Parent
  - Phoenix Children's Hospital
  - Phoenix Indian Center
  - Planned Parenthood
  - Quebec Logan, PhD
  - Remember Me Always Foundation
  - Rising Together Academy
- 13 ASU partners
  - ASU Center for Applied Behavioral Sciences
  - ASU College of Health Solutions
  - ASU Department of Psychology
  - ASU Mary Lou Fulton Teachers College
  - ASU National Residence Hall Honorary
  - ASU New College of Interdisciplinary Arts and Sciences
  - ASU Polytechnic Campus
  - ASU Preparatory Academy
  - ASU School of Human Evolution and Social Change
  - ASU School of International Letters and Cultures
  - ASU School of Social and Behavioral Sciences
  - ASU T. Denny Sanford School of Social and Family Dynamics

- ASU West Campus

## “Conscious Parenting” and Social Change

According to Clinical Psychologist Shefali Tsabary, parental relationships affect everyone's emotional, psychological, and unconscious legacies of emotional damage that can be passed down generation by generation. How does parenthood impact how and if children thrive? In what ways might "conscious parenting" equip the future with individuals more committed to the social good and abide by the 7 principles of our Humanity 101 Movement: compassion, empathy, forgiveness, integrity, kindness, respect, and self-reflection? Join our community conversation about a new parenting philosophy that prescribes such tools mindfulness and self-care--as opposed to power, authority and control--to nurture more humane individuals and communities.

**Date:** August 27, 2019

**Location:** Westside Community Center, Tempe AZ

**Attendees:** 30

**Facilitated by:** Lisa Smith, *The Peaceful Parent* Parent Coach

**Panelists:**

- Micheline Green, M.Ed, Rising Together Academy
- Emily Winslow, PhD, ASU Department of Psychology
- Jennie Bever, PhD, 4th Trimester
- Ann Lynn DiDomenico, City of Tempe's Human Services Dept.

**Attendee Feedback:**

- "The importance of positive, healthy relationships was reinforced. Conversations about rearing children with partners/other caregivers is so critical."
- "I don't have any children, but I am a big brother to two kids, and I want to use these tools to be a better brother, an effective third parent in a way."
- "Parenting is the process or change of growing up with kids."
- "To be patient, deliberate and self-reflective in parenting decisions."
- "This event helped me realize how important self-care is for parenting effectively. It starts with me."
- "It is my first step for learning and being the best parent I can!"

## Parenting Across Cultures

"Culture" does not just determine the ethics and values adults pass on to children. "Culture" also shapes the way adults engage with, educate, and discipline children. Join this discussion that explores cultural convergences and divides in parenting theories and practices.

**Date:** September 4, 2019

**Location:** ASU West Campus, Glendale AZ

**Attendees:** 52

**Facilitated by:** Nicole Roberts, PhD (ASU School of Social and Behavioral Sciences), Jocelyn Booker-Ohl

**Table experts:**

- Lauren Van Huisstede, PhD (ASU Mary Lou Fulton Teachers College)
- Sonia Vega Lopez, PhD (ASU College of Health Solutions)
- Denise Bodman, PhD (ASU T. Denny Sanford School of Social and Family Dynamics)
- Brittany Romanello, MA (ASU School of Human Evolution and Social Change)
- Catalina Cayetano, PhD Candidate (ASU New College of Interdisciplinary Arts and Sciences)
- Yasaman Parsi, M.Ed., M.C., LPC (ASU Department of Psychology)
- Lolan Lauvao (Phoenix Indian Center)
- Isaac Joslin, PhD (ASU School of International Letters and Cultures)

**Attendee Feedback:**

- "The richness of parenting across cultures can be viewed from different points of view but there are many commonalities."
- "The impact of culture on parenting is a very strong force."
- "Multicultural parenting as survival. Maintaining cultural values in the face of pressure to assimilate."
- "No right way to parent but there are universal ethics that need to be considered."
- "I would utilize this in communicating more efficiently with my own parents and family."
- "New teaching material for my parenting class."

## Parenting and Suicide

Many consider suicide a "silent epidemic" in the United States. This issue is especially concerning to teachers, parents, and caretakers of young people as suicide is the second leading cause of death for Americans ages 10-24. The recent signing of Arizona's Mitch Warnock Act finds parents at the forefront of anti-suicide advocacy, yet parents' and their students' needs are often unmet and their stories are often untold. This program explores strategies for suicide prevention, encourages suicide literacy, and for parental navigating of grief in the aftermath of suicide.

**Date:** September 24, 2019

**Location:** ASU Preparatory Academy, Phoenix AZ

**Attendees:** 50

**Facilitated by:** Thomas Rojo Aubrey, D.BH-c, MSC, LAMFT, CMHFA, CCTP, CFTP, CFTPI (Glendale Community College)

**Panelists:**

- Mia Hernandez, LPC (Glendale Community College)
- Lori Robinson, MSW (City of Tempe CARE 7)
- Micheon Gorman (Phoenix Indian Center)

- Denise Beagley, M.Sc (ASU Center for Applied Behavioral Sciences)

**Attendee Feedback:**

- "Being more available to everyone, more open to talking about my own feelings can help me to just be aware."
- "I am going to inform my teacher friends in CA and OH about this law and encourage action."
- "Language is so much. Being sensitive, using less burdensome terms, and watching for warning signs anywhere can be helpful."
- "Increased awareness of resources available to parents"

## **Talking to Children about the Bad, the Ugly, and the Inevitable**

Understanding societal ills such as intersecting systems of oppression (racism, ageism, ableism, sexism), illness, violence, war, and death can be difficult. It becomes even more challenging, however, when adults have to explain these tough topics to the children. How does one navigate difficult conversations with children? How can adults raise conscious, equity-driven children and youth toward a more just community and society? Join us for a conversation that explores these and other critical questions.

**Date:** November 7, 2019

**Location:** ASU Polytechnic Campus, Mesa AZ

**Attendees:** 40

**Facilitated by:** Project Humanities staff

**Table experts:**

- Casey Scott-Mitchell (Planned Parenthood)
- Wallace Hudson (one n ten)
- Tami Staas (AZ Trans Youth and Parent Organization)
- Danielle Nieto (Native American Connections)
- Jasmine Bradshaw (First Name Basis)
- Quebec Logan, PhD
- Lisa Schmitt (New Song Center)
- Christine Hotchkiss (Remember Me Always Foundation)
- Steve Murphy (Boys to Men)
- Bilal Munir Rahim ("Fight 4 Life" NO EXCUSES)
- Qaadir' Naqib ("Fight 4 Life" NO EXCUSES)
- Beheir Johnson (Phoenix Children's Hospital)
- Melissa Kowalski, MNLM (ICAN)

**Attendee Feedback:**

- "I plan to speak even more openly with my children about all these topics, not only the ones we've had to have discussions about"
- "Volunteer a lot more in the community"
- "I can be a better ally to youth, and mentor to children in my life."

- "Learned about being understanding and truthful to children"
- "Excellent event! The smaller audience and large number of experts gave us a chance to join the conversation and learn a variety of views"

**Media Coverage:**

- *ASU Now*, "Family matters to ASU's Project Humanities," 8/30/19  
<https://asunow.asu.edu/20190823-arizona-impact-family-matters-asu-project-humanities>
- *AZ Culture*, "ASU Project Humanities Announces Fall Events," 8/30/19  
[http://www.azculture.com/asu-project-humanities-announces-fall-events/?utm\\_source=AZCulture+Newsletter&utm\\_campaign=6e97f3a347-Culture\\_Report5\\_20\\_2015&utm\\_medium=email&utm\\_term=0\\_12f80ad118-6e97f3a347-284944849&mc\\_cid=6e97f3a347&mc\\_eid=c9643b1b02](http://www.azculture.com/asu-project-humanities-announces-fall-events/?utm_source=AZCulture+Newsletter&utm_campaign=6e97f3a347-Culture_Report5_20_2015&utm_medium=email&utm_term=0_12f80ad118-6e97f3a347-284944849&mc_cid=6e97f3a347&mc_eid=c9643b1b02)
- *Ahwatukee Foothills News*, "Ahwatukee prof plans full fall for Project Humanities," 9/18/19, printed article
- *Arizona Informant*, "Project Humanities Set To Engage Community With Fall Events," 8/14/19, printed article

**Marketing and Promotion:**

AFN	HRT AZ
ASU English Department Newsletter	Mesa Community College Professors
ASU Events	Mesa Public Schools
ASU Now	Modern Milk
ASU Insight	NAMI
Arizona Informant	Native Health
Arizona Headstart	North Central Parenting Group
Arizona Parenting Magazine	Phoenix Indian Center
Ahwatukee Foothills News	Phoenix Union High School District
AZCentral	PHX Soul
City of Tempe Pre-K	Raising Arizona Kids
Chandler Chamber of Commerce	Teen Lifeline
Child Crisis Center	Thrive to Five
Family Resource Center	Urban Events AZ
Gilbert Public Schools	Valle del Sol
Healthy Families AZ	WranglerNews

**Social Media Coverage:**

- Project Humanities utilized Facebook, Instagram, and Twitter to advertise "Humanity 101 on the Homefront" events
  - The following promoted "Humanity 101 on the Homefront" events via Facebook: ASU Department of English (26 August 2019), ASU School of Historical, Philosophical and Religious Studies (20 August 2019 & 3 September 2019), ASU OCS (1 October 2019)

- The following promoted "Humanity 101 on the Homefront" events via Twitter:  
ASU Now (26 August 2019), President Michael Crow (29 August 2019),  
AZCulture.com (30 August 2019), ASU Prep Academy (7 September 2019 & 20  
September 2019)