Breaking Up
An Online Panel Discussion on
Love and Loss in Adolescence
THURSDAY, FEBRUARY 17 | 11:00 A.M.PST

Social relationships, including romantic relationships, offer opportunities during adolescence to learn how to initiate, build, and sustain intimate relationships throughout our lives.

But the feelings that accompany these relationships can be intense during this window of development, and the heartache resulting from breakups are a common reason young people seek counseling and support. Even the most robust sexual education curricula provide little guidance to youth about how to cope with the emotional challenges of associated with the end of a relationship.

This webinar will look at romantic relationships and breakups throughout adolescence. We’ll talk about why these breakups hit so hard and how caring adults can support young people in navigating these painful emotions and learning from these experiences.