



**COMING TO A SCHOOL NEAR YOU!**

- September 20 @ Lyons HS
- September 21 @ Kingman HS
- September 22 @ Plainville HS
- September 23 @ Chanute HS
- September 27 @ Topeka-Seaman HS
- September 28 @ Spring Hill HS
- September 29 @ Dodge City Civic Center
- September 30 @ Haysville-Campus HS

Hope to see many of our schools’ student leaders and advisors at one of the eight regional STUCO conferences across the state in late September. These half-day (8:30 – 11:45 a.m.) leadership conferences are for both high school and middle school students and advisors. Login at [www.kshsaa.org](http://www.kshsaa.org) to register using the STU-1/STUJ-1 entry form.

**The registration fee is \$10 per student. Advisors/Sponsors are free.**

Be sure when registering online to include/list the names of those attending. If wanting to register more than 20 people from the same school, contact Jennifer Pokorny at the KSHSAA ([jpokorny@kshsaa.org](mailto:jpokorny@kshsaa.org)).

The KSHSAA is elated to have national speaker, Kim Karr, at this year’s regional conferences. Kim is the executive director and co-founder of #ICANHELP – DIGITAL4GOOD. To learn more visit [www.icanhelp.net](http://www.icanhelp.net).

Kim Karr’s Keynote Address: Students aren’t just the future, they’re the right now. We’ve got the digital world at our fingertips—and students engage more than most. But while modern teens know how to navigate social media, no one has taught them how to deal with the overwhelming negativity, spamming, and unrealistic portrayals of life that contribute to anxiety, depression, and other mental health struggles. #ICANHELP is here to teach your students how to combat cyberbullying and harassment in digital spaces, practice and promote digital wellness, and “reset” expectations by motivating students to be part of the solution!



Kim Karr’s Advisor Session: Student anxiety, depression and suicide have increased 37% since smartphones entered the scene (PEW Research). We must train students to control their devices instead of devices controlling them. How? Kim will share several resources to do so including a mental health tool kit. Peer-to-peer leadership and inspiration are powerful tools as well. Let’s shine the spotlight on student innovation and leadership and have meaningful conversations around mental health and wellness.

Student Session: Students will have the opportunity to network and share best practices through interactive, small group, Swap Shops and large group, Parades of Ideas. Learn from each other what’s working in schools across Kansas!

**SCHEDULE**

- 8:30 a.m. Registration & Mixer Activities
- 9:00 1<sup>st</sup> General Session – Keynote Address – Kim Karr
- 10:20 Snack Break & Transition
- 10:30 2<sup>nd</sup> General Session
- Students = Interactive Discussion Groups & Activities (Swap Shop & Parade of Ideas)
- Advisors = Dialogue & Resources About Digital Media & Mental Health with Kim Karr
- 11:30 Closing Session
- 11:45 Dismissal