K.N.O.W.2PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

A WESTCHESTER VIRTUAL SPEAKER SERIES

You can't PREVENT what you don't know!

WEDNESDAY, NOVEMBER 18 7–8:30 PM



Jessica Lahey

Educator & NY Times Best-Selling Author of "The Gift of Failure" & "The Addiction Inoculation;" Recovery & Prevention Coach

Jessica Lahey is the New York Times bestselling author of *The Gift of Failure and The Addiction Inoculation.* She received the Research Society on Alcohol's Media Award for her work on *The Addiction Inoculation* and advocacy for the recovery community. A veteran educator, Jess has taught grades 6–12 in public and private schools, including five years working with adolescents in a drug and alcohol rehabilitation program. She has written extensively about education, parenting, and child welfare for *The Washington Post, The Atlantic,* and *The New York Times,* where she authored the biweekly column "The Parent Teacher Conference."

The Gift of Failure and The Addiction Inoculation:

How kids learn from mistakes, develop competence, and resist substance use

Doing too much for our kids—even with the best intentions—can undermine their motivation, confidence, and resilience. Research shows that children who develop a strong sense of competence and self-efficacy are also less likely to turn to alcohol or drugs to cope with difficult emotions. Veteran teacher, bestselling author, and substance use prevention expert Jessica Lahey explores how stepping back and allowing kids to navigate challenges builds the skills they need to thrive. Drawing on research and real-world experience, Jess offers parents practical strategies to raise confident, resilient, independent young people who are better equipped to make healthy choices.



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