

## **PARENT EDUCATION WORKSHOPS**

Contact your school counselor or principal to ask about having a workshop scheduled at your child's school

### **Adolescent Brain Development**

**Presentation focuses on the teen brain and is for parents of 5<sup>th</sup>-12<sup>th</sup> graders (1 time presentation)**

This workshop explores what is going on in the teen brain and how can we help smooth the adolescent journey for our teens and ourselves.

### **“Why Do They Act That Way?”**

**General Prevention Information for the parents of 4<sup>th</sup>-8<sup>th</sup> graders (1 time presentation)**

This class is a combination of information on adolescent brain development, establishing clear guidelines and effective consequences, helping your children get out of risky situations and communication strategies to use with your teen or pre-teen.

### **“Cyber safety”**

**Presentation focuses on the safe use of technology for parents of 4<sup>th</sup>-8<sup>th</sup> graders (1 time presentation)**

This class helps adults learn strategies for the safe use of technology as well as dealing with bullying on and off the computer. This workshop is a partnership between Student Services and the IT Department.

### **“Second Step for Parents”**

**Pro-Social Skills/Violence Prevention Curriculum for Parents of PreK-5<sup>th</sup> graders (1 time presentation or 3 session series)**

Offered at schools that teach Second Step to their students though any parent can attend. This class focuses on building empathy, problem solving techniques, and constructively managing strong emotions.

### **“Steps To Respect for Parents”**

**Bullying Prevention Curriculum for Parents of 3<sup>rd</sup> -6<sup>th</sup> graders (1 time presentation)**

Offered at schools that teach Steps to Respect to their students. This class focuses on increasing adults' awareness of and ability to respond effectively to bullying and to help children develop friendship skills.

### **“Guiding Good Choices”**

**Substance Abuse Prevention Curriculum for Parents of 4<sup>th</sup>-8<sup>th</sup> graders (4 session series)**

This series focuses on building strong bonds with your child; identifying risk and protective factors; setting clear guidelines; establishing fair consequences; household meetings; refusal skills (this session includes the 4<sup>th</sup>-8<sup>th</sup> graders); ways to manage anger and other strong emotions.