



Parenting Workshops

Springbrook Elementary School has partnered with Western Youth Services to provide parenting workshops for the 2018-2019 school year.

*All parenting workshops will be presented in the MPR. Workshops will run from 8:30a-9:30a. Snacks and drinks will be provided. A raffle will also be held at

each workshop.

The following are the date and topic information:

❖ Topic: **Bullying Prevention & Intervention**/Date: 11/8/18

This presentation will cover the different types of bullying that kids go through, what role youths play in bullying, the effects and signs of bullying, and what you can do to help. Being such a pertinent topic, this presentation will equip you and your kids to stand against bullying for a better future.

❖ Topic: **Empowering your Child's Self Esteem**/Date: 12/6/18

This presentation will touch on topics such as comparing and contrasting between high and low self-esteem in children, healthy coping skills, what parents can do in order to boost their child's confidence, briefly talk about developmental assets, and offer ways in which parents can use these approaches with their children.

❖ Topic: **Social Media & Internet Safety**/Date: 1/10/19

Social Media & Internet Safety (NetCetera) course covers the basics of how to talk to your kids about responsibly using the internet. Throughout this presentation, you will become familiar with the proper freedoms and limitations your kids should be granted, depending on their ages, when both you and they decide that using the internet should become a part of their life.

❖ Topic: **Healthy Coping**/Date: 2/14/19

This presentation aims to shed some light on how our reactions to various situations may affect our lives both physically and mentally. The presentation will go over the different types of approaches one may take when coping with their emotions, every day tasks, stressors in our lives, and will also compare and contrast positive coping skills versus negative coping skills (how we deal with things).

❖ Topic: **40 Developmental Assets**/Date: 3/7/19

The 40 Developmental Assets, developed by the Search Institute, are 40 assets of a healthy lifestyle that everyone should focus on. Separated into 8 categories, external and internal assets, you will be able to understand these different aspects of your life and better yourself both internally (personal values, commitment, identity) but also better yourself in aspects relating to the way you communicate and coexist with others (support, boundaries, time).

❖ Topic: **Peer pressure**/Date: 4/11/19

This workshop is focused on peer pressure and differences between positive and negative peer pressure. We will discuss how to identify both, as well as healthy responses and strategies to practice when dealing with negative peer pressure.

❖ Topic: **Developing Healthy Children**/Date: 5/2/19

This presentation equips parents with the ability to empower, enhance and become an asset builder for youth in their families and community. This research based training is provided with interactive activities and valuable tools.

Please RSVP to: marielapacheco@iusd.org

Springbrook Elementary School