



**2009-2010 Safe Schools and Healthy Students  
Professional Development Opportunities  
Serving Region 10 Schools**

All titles are available on-site and by request to members of the  
Region 10 Safe and Drug-free Schools and Communities  
(Title IV) Cooperative

**These sessions may be requested for local Title IV campuses.**

*Safe and Prepared Schools*

**Data Quality Management: Chapter 37/PEIMS 425**

For anyone seeking clarification concerning discipline, law and order under the Texas Education Code and related Federal requirements; this important training is for all administrators who make decisions about discipline as well as those who review the Discipline Data Indicators including PEIMS Coordinators.

**Organization and Strategies for DAEP**

If you would like organization ideas or strategies for dealing with DAEP students this best practices workshop is just for you. The presenter will provide staff development ideas, DAEP students/characteristics and research about alternative education, in addition to strategies for dealing with those challenges.

*Substance Abuse Prevention*

**Alcopops and Alcoholic Energy Drinks: Sweet Drinks with Sour Results**

Participants will learn facts about the negative impact of alcoholic energy drinks. These alcoholic energy drinks now serve as a bridge from soft drinks to alcohol use for many of our youth. Tips and tools will be shared with attendees to define, recognize and prevent youth from using alcopops. Awareness materials will be provided during this workshop that can be shared at your campus or district.

**Current Trends in Substance Abuse**

Participants attending this session will become aware of a variety of prescription drugs and other current drug trends that exist at the national, state, and local levels. Campus presentations may include additional topics such as Signs and Symptoms of Drug Abuse, Drug Paraphernalia, Club Drugs, Raves, Gang Awareness, Cheese Heroin, Methamphetamine, etc.

### **How Well Do You Know Your Kids? Overcoming Mental Health Barriers to Promote School Success *NEW***

This session explores the impact of the stigma and discrimination that surround mental health issues in schools, as well as, the influence of school, family and community partnerships that help meet the developmental need of youth. Participants will also obtain strategies that will enhance a comprehensive school-based approach to mental health.

### **Project Alert (6-8)**

The program is designed to motivate students against drug use, to provide skills and strategies for resisting use, and to establish non-use attitudes and beliefs. The program addresses tobacco, alcohol, marijuana, and inhalants in a focused, classroom-based adolescent substance abuse prevention program.

### **STOPN (Spit Tobacco Prevention Network) Classroom Presentation**

This Texas Cancer Council funded project is designed to reduce smokeless (spit) tobacco use in Texas by providing education that aligns with a coordinated approach. STOPN offers 1-2 hour youth presentations to educate youth that may consider smokeless (spit) tobacco as a safe alternative.

### **Tobacco 101 Classroom Presentation**

This is an interactive tobacco prevention presentation aimed at increasing student's knowledge of the harsh reality of tobacco use. Students will experience activities to empower them to avoid tobacco use. During this informative presentation, students will witness an actual cancerous lung and see what a year's worth of tar looks like!

### ***Violence Prevention***

#### **Bullying 101**

This workshop is designed to introduce the facts and research on school bullying which is one of the most prevalent behavior problems in America's schools. Participants will engage in discussions and activities to identify effective strategies for responding to bullying, teasing and other related behaviors that disrupt teaching and learning. A variety of tools and techniques will be shared to prevent school bullying and create a positive atmosphere where teachers can teach and students can learn.

#### **Mean Girls, Bad Boys: What a Combination! *NEW***

While we often stereotype boys and girls many have proven us wrong countless times. Participants will explore strategies to identify and deal with the relationship manipulation girls may use to get their way or someone out of their way. While we also explore strategies for the often emotionally suppressed boy who feels that violence is the proof of manhood.

#### **School Violence: What is Really Going On? *NEW***

This presentation takes an in-depth look at the many complex issues young people face today. Participants will come away with a better understanding of the factors contributing to youth violence and the different strategies utilized to combat school violence.

### **Suicide Prevention: The Silent Epidemic *NEW***

Did you know that suicide is the 3<sup>rd</sup> leading cause of death for ages 15-24? This informative and insightful workshop was designed specifically for school personnel to recognize potential signs of suicidal ideation in individuals. Participants will obtain various resources that can be utilized if and when the need arises. This program offers 3 services that can be interchangeable to fit your school's specific needs. The services include staff development training and awareness, parent seminars and a school based curriculum.

### **Stranger Danger: Student Presentation (K-2)**

Students will engage in this interactive session to learn stranger safety tips and ways to be cool, smart and safe. A stranger safety video produced by the Safe Side Company will be shown to empower students to make super-smart decisions to avoid dangerous situations with people they don't know.

### **Teen Dating Violence Prevention/Making a Difference**

Participants will learn the prevalence and impact of teen dating violence. They will leave with the understanding of the law (HB121), a district's implementation, and how to partner with the local community to provide resources and strategies to address this issue.

### ***Resiliency and Positive Youth Development***

#### **Building Character: What Do You Stand For? *NEW***

This session will focus on a guide to building character for the middle school and high school students. Light the fires of your student's minds with questioning and activities that help develop character.

#### **Building Developmental Assets with Student Success in Mind**

This session is designed to introduce research-based strategies for creating caring schools by building positive relationships among students, teachers, administrators, and parents/community members. Participants will explore and receive a variety of resources and activities to promote safe and respectful learning environments.

#### **Impacting School Safety Through Culturally Inclusive Classrooms**

Respect for others is fundamental to creating an environment to promote the inclusion of all students. This session is designed to examine ways to create a culturally inclusive classroom that encourage personal growth and promote school safety.

#### **Improving School Climate**

This session will focus on strategies and ideas for creating a safe and respectful school climate for teaching and learning. Participants will explore a variety of resources and tools for strengthening relationships, improving communication, and promoting positive attitudes to impact student growth and success in school.

#### **Internet Safety & Cyberbullying *NEW***

Cyberbullying is the next generation of bullying and equally harmful to our school children. This workshop will inform participants on the latest statistics, trends and solutions to this

problem. We will also examine the current legal and school policy issues that arise due to the anonymity and widespread use of the Internet outside school property. Participants will leave the workshop with a greater knowledge of this trend as well as ways to combat cyberbullying in schools and at home.

### **Student Leadership/Resiliency Skills: Student Assemblies**

A student presentation/assembly may be requested for students on such topics as Peer Pressure, Bullying, Self-Esteem, Drug Prevention, Character Education, etc. Each assembly is designed to be interactive and developmentally appropriate for students. The primary goal of each assembly is to promote positive leadership and social skills in students that will impact safe and caring schools where students can learn and thrive.

### **Teambuilding for Positive School Climate *NEW***

This session is designed to engage school teams in a variety of activities to promote positive relationships in a caring and respectful learning environment. Participants will discover effective teambuilding strategies using the 4 FISH practices – Choose your attitude, Be there, Play, and Make their Day. Additionally, school teams will work together to develop action plans for creating student-friendly schools with teaching and learning in mind.

### ***Prevention Topics for Parent Groups (K-8)***

#### **Bullying: What Parents Need to Know *NEW***

Parents will receive information and resources for addressing bullying behavior and strategies for preventing this growing challenge in school. Parents will discover how they can support schools in reducing violence and create caring schools where students show respect and compassion in a bully-free school zone.

#### **Internet Safety: What Parents Need to Know *NEW***

This workshop is designed to introduce safety guidelines and procedures for keeping students safe online. Parents will receive resources and tools to become aware of the risks and rewards of the internet and how to stay connected with children in a changing world of Cyberspace.

#### **Raising a Drug-Free Child *NEW***

Parents will discover strategies and tools for communicating and staying connected with students to prevent drug abuse & promote responsible student behavior.

#### **Teaching Your Child to Manage Anger in Good Ways *NEW***

Parents will become aware of steps for effectively managing their own anger and what can be done to teach students positive ways to respond to anger through conflict management skills.