



**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 are only available at Region 10 ESC or designated cluster locations.

Bullying and Teasing

School personnel will gain information that will enhance the ability to recognize and respond to bullying behaviors, as well as communicate to students that it will not be tolerated in school. This workshop will provide attendees with many practical suggestions and tools to help the victim, bully, bystanders and parents. Participants will also discuss the impact of cyber bullying among students and resources to respond to this growing school challenge.

Child Abuse Prevention

This workshop is designed to educate school staff to prevent, recognize and react responsibly to child abuse. Its purpose is to empower participants to take responsibility for the safety of school students by learning child abuse safety guidelines and strategies for intervention and prevention.

Comprehensive School Health to districts within the region.

These areas include but are not limited to the following:

- * School Health Advisory Council
- * Coordinated School Health Education and Services
- * School Physical Education
- * Collaboration of community efforts promoting healthy environments
- * Continuing education for school nurses
- * Regional trainings for the screening of vision, hearing, spinal, and Acanthosis Nigricans

Current Drug Trends

This session will feature a nationally known speaker who will provide an update on current drug trends at the local, state and national level to highlight best practices and strategies for addressing drug prevention in our schools and communities.

Ethics in Child Therapy

Addresses the unique ethical issues encountered in child/play therapy. Special attention will be given to ethical issues involved in working with children and families affected by abuse. Applicable laws and ethical codes will be examined and discussed. Participants may share ethical dilemmas they have encountered in the field.

Ignite the Hidden Strengths of Teenagers *NEW*

This workshop introduces a powerful plan for awakening the spark that lives inside every young person. Participants will explore a step-by-step approach to helping teenagers discover their unique gifts and talents regardless of their economic status, parenting situation, or ethnic background. Discover the power to make a difference in the lives of teenagers and what teachers and parents can do to help teens move from a life of “surviving to thriving.”

Motivating Students with Love & Logic

Children can be challenging little button pushers. If you find yourself saying things like, “I hope you’ve learned your lesson, and how many times do I have to say this” then you NEED this workshop. Laugh and learn some power tools for effective teaching and parenting that will help you enjoy children more, and turn every mistake or misbehavior into a learning opportunity. Join this energetic humorist as she demonstrates communication styles, button covers, and other practical ways to set limits and avoid power struggles.

Prescription Drug Abuse & Current Drug Trends

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. This workshop will also provide tools and valuable resources to help school personnel identify signs, symptoms, and action steps to preventing drug abuse in local school districts.

Peer Assistance and Leadership (PALS)

This two day workshop is designed to equip PAL Sponsors and or SDFSC Coordinators, district administrators to incorporate the PAL Program into the fabric of the schools. PAL Services will instruct and guide district representatives as to the benefit and the responsibilities of the districts. The focus of this workshop will include: recruitment and selection of PAL students, how to use the PAL Sponsor Manual, lesson planning, assessment of professional and community resources, PAL program supervision, maintenance, and evaluation, and service delivery.

Peers Making Peace

By implementing this one program, school campuses can have a triple impact: Violence Reduction, Disciplinary Infraction Reduction and Academic Achievement Improvement! Participants will be able to implement the proven, science/research based, award winning Peers Making Peace School Team Mediation Program on their elementary, middle and high school campuses.

Rainbow Days

Rainbow Days, Inc. offers evidence-based workshops and uses a support group and trained facilitators to teach children and youth a set of essential life skills: skills to help them learn how to cope with difficult family situations, resist peer pressure, set and achieve goals, and refuse alcohol, tobacco, and other drugs. Sessions are offered on the following topics throughout the school year: *Elementary Connection, Kids Connection, and Youth Connection.*

SDFSC Coordinators' Meeting

This session is provided for all Region 10 SDFSC coordinators and will provide updates on the legislation and guidelines for Title IV.