



READY. SET. ACHIEVE!

Committed to Student Success

Our Vision:

*Every Child's Potential
Is a Reality.*



For more than 100 years, PTA has focused on family engagement through advocacy and education.

Ready. Set. Achieve! is a valuable resource to Texas families that provides information and strategies to assist parents and caregivers in tackling some of the most critical issues facing children.

From Internet safety and bullying prevention to parenting toddlers, tweens and teens, a Ready. Set. Achieve! program allows parents and educators to work together for student achievement by creating a safe, healthy environment at home and school.

Hosting a Program

Ready. Set. Achieve! is offered as a free member benefit by Texas PTA.

Visit our parent education resources on the Texas PTA website to request a program, view available Spanish resources, and review best practices for ensuring a successful event. Programs should be requested at least six weeks prior to the date of the program.

For additional information, contact the Texas PTA Programs Department at 1-800-TALK-PTA or www.txpta.org.



Building Assets does not add to what's on our plate ... IT IS THE PLATE!

Have you ever heard that it's the little things that matter most? You can make a significant difference in the future of children by helping them develop important life skills, one moment at a time.

Discover how Developmental Assets® can give you a road map to success that strengthens what you're already doing as a parent, caregiver or teacher, and energizes you with new ideas. This philosophy, rooted in science, looks at what we know our young people need, the importance

of healthy relationships and role models, and the impact that building developmental assets has on decreasing at-risk behavior among young people.

Parents and educators leave this hands-on workshop with a practical and powerful tool to raising successful students. Don't miss this opportunity to make a positive impact!

Did you know?

Of students in grades 6-12, who have 31 to 40 of the Developmental Assets®, only 1% use illicit drugs, and only 3% use alcohol.

Of students who have 0-10 Developmental Assets®, 38% use illicit drugs and 45% use alcohol.

Only 8% of children in this age group have 31-40 Developmental Assets®.

Building Developmental Assets® is as successful in increasing academic performance as any other single strategy.

Suggested Audience

Early Childhood, Elementary and Middle School Parents

“Information learned
was priceless!”

— Parent, Corpus Christi



Are you overwhelmed trying to provide healthy options for your family when faced with so many unhealthy choices? Change starts with a single step.

This dynamic presentation provides parents with the information and support they need to improve their children's health and wellness, one choice at a time!

A powerful DVD and discussion will demonstrate:

- The causes of the dramatic increase in overweight kids, and the health problems posed by childhood obesity, including the impact of media and our changing culture.
- Practical tips for parents that are motivating and empowering in their quest for a healthier family lifestyle.
- How parents and families will be motivated and empowered in their quest for a healthier family lifestyle.

Did you know?

Today's child's meal at a fast food restaurant is the same size as a regular meal, 30 years ago.

The average child views 40,000 commercials per year, more than half promoting junk food.

In 1945, Americans consumed 4 times more milk than soft drinks; by 1997, they consumed 2 ½ times more soda than milk.

Suggested Audience

Early Childhood, Elementary and Middle School Families

Do you know if your child has been approached online? If they were, would you know how to respond? Do you know what personal information they have posted on a social media website?

The Internet is now an integral part of our children's lives, and parents must have the knowledge and tools to create a safe online environment for young people.

NetSmartz® is a multimedia Internet safety presentation tailored for parents, communities, teens, and tweens. The innovative presentation utilizes the latest statistics, online resources, videos, and expert tips to educate, engage, and empower children and adults to be safer on- and offline.

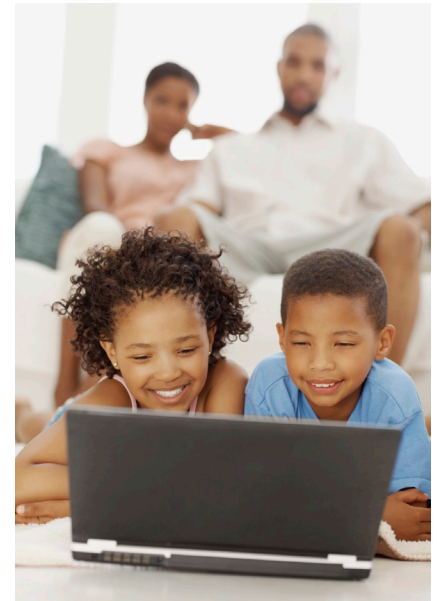
Remember, parents are the most critical component in helping a student to develop proper cyber citizenship!

Did you know?

One in five children receives a sexual solicitation online, and only five percent of offenders concealed the fact they were adults.

75% of children are willing to share personal information online about themselves and their family in exchange for goods and services.

LMIRL means "Let's Meet in Real Life."



77% of the targets for online predators were age 14 or older.

Suggested Audience

All Parents; Middle School and High School Students



*Is your child drinking alcohol?
Are you certain?*

75% of Texas high school students have had at least one alcoholic drink and 60% of 15-16 year olds report drinking, BUT only 31% of parents believe their teen has had a drink.

Suggested Audience

Middle School and High School Families

Texas PTA and the Independent Insurance Agents of Texas (IIAT) are addressing the problem of teen alcohol and drug abuse, head-on, with this documentary and workshop.

Parents will receive a wake-up call about the reality of “house parties” and how their children can be at risk, even if they are not drinking at the party.

Party 101: Consequences can begin an important conversation that every school and family must have. School officials, community leaders and law enforcement are encouraged to take this opportunity to explore solutions to the problem.

Did you know?

The average age to start drinking in Texas is 12 years old.

A third of 6th-9th graders say they have gotten alcohol from their own home.

Drinking before age 15 means you are four times more likely to become alcohol dependent than waiting until age 21.

Homework, housework, sleepovers, sharing, too much freedom, too little freedom, bedtimes, tantrums, texting, boyfriends, girlfriends and BFFs ...The job of parent is a huge responsibility!

Whether you are just beginning with a toddler or negotiating the teen years, this workshop will review the tools of the trade parents need to help children reach their full potential.

“ I have a 7th grader, 5th grader, and kindergartener ... This has really helped! ”

— Parent, Garland

Setting clear expectations and limits, positive reinforcement, and natural or logical consequences are some of the skills we can use to shape children’s behavior and teach self-discipline.

Parenting is on-the-job training, so take advantage of this opportunity to learn and network with other parents!



Children have never been good at listening to their elders, but they have never failed to imitate them.

— James Baldwin

Suggested Audience

Early Childhood, Elementary and Middle School Parents

Every day, drivers and passengers of all ages take to the road for their daily routines. Are you and your family prepared? Do you know the impact and consequences of distracted driving or driving under the influence?

Whether you're concerned about the safety of your youngest passengers or your newest driver hitting the road, one of these family programs will provide the most up-to-date information.

Early Childhood and Primary:

Learn the latest in safety recommendations for you and your family, including booster seat and car seat information.

Secondary:

Hear details about student programs, driver education, graduated driver licensing, and the new points system. Learn what parents can do to help new drivers be more aware of the risks of the road.

Did you know?

25% of Texas high school seniors say they have driven a car while drunk.

Nearly 50% of teens admit to texting while driving.

In 2008, 16% of all fatal crashes were caused by driver distraction.



*Crashes are predictable.
Crashes are preventable.
Crashes are not accidents!*

Suggested Audience

Early Childhood and Elementary Parents;
High School Families

“ **What an eye-opener!** ”
— *Parent, Austin*



Every seven minutes, a child is bullied. 85% of the time, peers are present, and no one intervenes.

We've all heard stories of a bully taking someone's lunch money or harassing them on the playground, but today we are faced with a much more serious and dangerous problem.

Bullying is not a rite of passage or a reality of growing up; it is a serious public health issue that affects countless young people every day, and is compounded by the technology readily available to our children.

To create a culture of respect in your school: learn how to identify and intervene in bullying pro-actively; empower bystanders to take a stand against bullying; and partner with your school to implement bullying policies.

You can help stop bullying!

Did you know?

43% of kids age 13-17 have been cyberbullied.

One in five students has been bullied at school or have participated in bullying behaviors.

“ **Thank you for the positive solutions!** ”
— *School Nurse*

Suggested Audience

All Parents; Middle School and High School Students

Educating adults on the issues that affect our children most is not limited to parents and caregivers. While families are one of the primary role models for young people, Texas PTA recognizes the positive influence educators have on students.

To support a strong family-school partnership, Texas PTA offers many of our *Ready. Set. Achieve!* programs as professional development for educators.

40 Developmental Assets®

According to the Search Institute, building Developmental Assets® with young people is as successful in increasing their academic performance as any other single documented strategy. Discover the power of the 40 Developmental Assets® and how to create an environment in the classroom that fosters healthy relationships and builds assets!

Food and Fitness Matter: Healthy Kids, Successful Students

Provide your teachers and administrators with the information and resources they need to engage parents in supporting school health priorities. Learn strategies to overcome common challenges, and see profiles of schools that serve healthier food, increase physical activity, and improve student achievement!

Stop Bullying

Creating a climate that does not tolerate bullying removes the social power of bullies. This program can energize your school's efforts to address bullying on campus. Awareness of the problem, techniques for the classroom, best practices for schools, and resources to achieve a bully-free climate are all discussed.

True Colors®

A fun and easy way to identify your personality traits for a better understanding of yourself and others, including your teaching team and students! Improve your communication skills, provide a more effective learning environment, and live and work with others in a more productive, cooperative manner.



Supporting families each step of the way

Making Every Child's Potential a Reality

- ***Bullying Prevention***
- ***Internet Safety***
- ***Healthy Lifestyles***
- ***Substance Abuse Prevention***
- ***Auto Safety***
- ***Parenting Strategies***



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