



READY.SET.ACHIEVE!

2009-2010

40 Developmental Assets

Want to find out what you're doing right raising kids? Discover how Developmental Assets® can give you a road map to success that strengthens what you're already doing and energizes you with new ideas. This philosophy, rooted in science, looks at what we know our young people need, the importance of positive 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 positive, practical and powerful key to raising successful students.

For all ages

Food and Fitness Matter

Food and Fitness Matter provides parents with the information and support they need to improve children's health and wellness.

Powerful DVD and discussion demonstrate:

- The causes of the dramatic increase in overweight kids and the health problems posed by the childhood obesity epidemic
- Practical tips for parents to improve nutrition and fitness at home An interactive demonstration and discussion on tips for parents and families will motivate and empower parents in their quest for a healthier family lifestyle.

For all ages

NetSmartz

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. NetSmartz also provides on- and offline learning activities for parents to facilitate discussions with their children and teens about Internet safety. The parent is the most critical component in helping a student develop proper cyber citizenship. Some content may not be suitable for students younger than Grade 4. A concurrent student program is available for your school volunteers/staff to present.

Party 101: Consequences to Underage Drinking

The Texas PTA and the Independent Insurance Agents of Texas (IIAT) are addressing the problem of teen alcohol and drug abuse head-on with their new documentary and workshop series; Party 101: Consequences. This project helps teens, parents, and educators appreciate the negative affects of underage drinking.

Parents will receive a wake up call about what really goes on at these parties and how, even if their children are not drinking at the party, they are in real danger by being present at the party because of behavior from those youth that are drinking.

School officials, community leaders and law enforcement will have an opportunity to explore various solutions to the problem and discuss their particular issues.

Profession: Parent

Job of a Lifetime. Extensive knowledge of child development a must (all ages); may handle life threatening emergencies especially in first years; must work with unpredictable subordinates who mistakenly believe the world revolves around them. Strong negotiation and communication skills required; ability to train others and remain calm under stress a plus; must be self-starter; no experience necessary. Minimum 18 year contract 24/7.

The job of parent is a huge responsibility. Whether you are just starting out with a toddler or are negotiating the teen years, this workshop will review the tools of the trade parents need to help our children reach their full adult potential. Setting clear expectations and limits, positive reinforcement, and natural or logical consequences are some of the tools we can use to shape children's behavior and teach self-discipline. This is on the job training.

Road Rules

Car crashes are the number one killer of children and youth. Experts now say that "crashes aren't accidents" since driver behavior makes most crashes predictable and preventable.

For early childhood & primary:

Learn the latest in safety recommendations for you and your family.

For high school age:

Get the 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. This program is ideal when scheduled just prior to homecoming, prom and graduation.

True Colors

Orange, gold, green or blue? How do these colors relate to you and your life, habits, values, and feelings?

The True Colors program is an easy way to identify your personality traits and provides a better understanding of yourself and others, while having a lot of fun!

Suitable for all ages, the material in this workshop can be applied to all aspects of your personal and professional life, allowing you to improve your communication skills and live and work with others in a more harmonious, productive environment.

Stop Bullying Now!

Take a Stand. Lend a Hand. Stop Bullying Now! One of best ways you can help stop or prevent bullying is to be educated about, and sensitive to, the issue. Bullying is NOT a rite of passage - an undesirable, but sometimes unavoidable, reality of growing up. Rather, bullying is a serious public health issue that affects countless young people every day, and is compounded by the technology readily available to our children. Further, research shows that the effects of bullying can last well into adulthood. Whether you are a concerned parent, an educator or a student, you can help stop bullying and your first step is to attend this workshop.

For all ages

For More information or to Request a Program

Program information and a workshop request form is available online at www.txpta.org, PROGRAMS tab

All requests must be made at least 6 weeks in advance. The Texas PTA Programs department will seek a trained presenter for your requested date and topic, and will confirm availability of a presenter at least 4 weeks prior to your program.

Best Practices

As we work to be good stewards of our resources, we request local units partner with neighboring schools and work with their Council President when applicable to reach as many families as possible with each presentation.

- Provide a complementary activity for the students while parents attend the program. (located in a different area of the school)
- Consider offering a meal or snacks as part of your program
- All programs require a minimum of 60 minutes; ensure your schedule is appropriate and confirm with your principal there are no conflicting activities
- Confirm technology requirements for the program are available (see website for details)

