



2023-24

PARENT SERIES

Parents and guardians will have the opportunity to hear from various experts in our community as well as connect with Mental Health professionals.



SOCIAL MEDIA: PROJECT IGUARDIAN

Thursday, October 26th

Siegel High School Auditorium

6:00-7:30pm

presented by Homeland Security

Project iGuardian is designed to inform students, parents, educators, and law enforcement about the risks that children face in the online environment. This engaging presentation will cover tactics used by adult predators online, the growing crime of sextortion, the information devices give away about you and your child, and the newest apps, online games, and social networks children are using. There will also be example scenarios based on local investigations to help attendees better understand how children can be victimized online.

TRENDS IN DRUGS

Tuesday, November 28th

LaVergne High School Auditorium

6:00-7:30pm

presented by Rutherford County Sheriffs Dept
and Prevention Coalition for Success

Parents play a vital role in recognizing signs of drug use and seeking help promptly. Learn about drug use among adolescents, including current trends, signs of use, effects, prevention, and available support in Rutherford County.



SCHOOL AVOIDANCE

Tuesday, January 23rd

Stewarts Creek High School Auditorium

6:00-7:30pm

presented by EmbraceU



School can be an exciting time for many students but for some, it can be overwhelming. School avoidance behaviors vary and can include struggling to arrive at school on time, leaving before the school day ends, or not attending school at all. Parents will be provided information, strategies, and resources to understand, address, and support students who are struggling with school avoidance.

SUICIDE AWARENESS & PREVENTION

Monday, February 12th

Blackman High School Auditorium

6:00-7:30pm

presented by The Jason Foundation



As children grow into pre-teens and teenagers, it becomes more challenging for parents to know what they are thinking and feeling. When do the normal ups and downs of adolescence become something to worry about? With suicide as one of the leading causes of death that can be prevented, parents will learn about the magnitude of the problem, risk factors, warning signs and what parents can do.

ANXIETY

Tuesday, March 12th

Rockvale High School Auditorium

6:00-7:30pm

presented by Branches



Experiencing anxiety and worry is normal and common in people of all ages. While we all experience anxiety sometimes, there are times when anxiety and worry can feel very difficult to manage and can have a big impact on our lives. During this meeting parents will learn about the psychological and physiological roots of anxiety, why it is on the rise in our children, and what to do to help children better manage it.

BUILDING STRONG BRAINS

Tuesday, April 16th

Central Magnet School Auditorium

6:00-7:30pm

presented by RCS



Kids and adolescents can't build strong brains by themselves—they need positive, nurturing interactions with trusted caregivers to support their development. These positive interactions are the bricks that build sturdy brain architecture, leading to improved learning and behavior as well as better physical and mental health throughout life.