



CLARK COUNTY SCHOOL DISTRICT
STUDENT SUPPORT SERVICES DIVISION
ADULT ENGLISH LANGUAGE ACQUISITION SERVICES/PARENT INSTITUTE
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AELAS / Parent Institute is pleased to sponsor the following programs for the **2013-2014** school year.

The workshop's goal is to help parents raise children who are cooperative, responsible and better able to resist peer pressure. It also helps develop communication techniques that will carry into the challenging teen years. Classes may be conducted in English and/or Spanish by our Parent Institute Instructors and are free and open to all parents in the CCSD. School personnel may attend without interruption or involvement of any kind during class time.

Video, discussion and activities make for a fast-paced workshop.

The programs are **usually** divided into two hour weekly sessions. It uses entertaining video scenes to demonstrate common parenting challenges and solutions. Each workshop allows plenty of time for group discussion and activities.

1,2,3,4 Parents – 3 sessions

This is a video-based discussion program for parents of children ages 1 to 4. It addresses basic parenting skills, the stages of development, and more. This program is perfect for the new parent, teen parents and caregivers. Learn about three parenting styles, and discover how to begin building a life-long bond with your child. Discover how the power of encouragement helps children learn positive behavior at an early age. Understand the importance of taking care of yourself as well as your child. You can also learn non-violent discipline skills that really work, and how you can set rules that your toddler can understand and follow.

ADHD – 1 session

This program introduces viewers to a variety of the most effective techniques for managing ADHD in the classroom, at home, and on family outings. Illustrated are ways that parents, teachers, and other professionals can work together to implement specific strategies that help children with the disorder improve their school performance and behavior. Informative interviews, demonstrations of techniques, and commentary from Dr. Barkley illuminate the significant difference that treatment can make.

Active Parenting - 3 sessions

This is an interactive video-based learning experience that teaches a skills-focused model of parenting to parents of children ages 5-12. *Active Parenting* has proven particularly effective in keeping parent and other caregivers stimulated and engaged in the learning process while they learn such important skills as how to:

- Communicate effectively with children.
- Prevent the use of alcohol, tobacco, and other drugs.
- Discipline while teaching responsibility.
- Encourage the development of self-esteem and character.
- Redirect misbehavior and sidestep power struggles.
- Explore and encourage nonviolent conflict resolution inside the home and out.

Active Parenting for Stepfamilies– 3 sessions

This video-based discussion program provides parents and stepparents with the skills they need to guide children through the transition and establish a solid framework for a successful stepfamily. *Active Parenting for Stepfamilies* is designed to serve parents of children ages 2-17. The three-session program focuses specifically on stepfamily issues, but it's also appropriate for foster parents, single parents in preparation for remarriage, parents of adopted children, and others who care for children after separation or loss.

Active Parenting of Teens— 3 sessions

This video-based program provides parents with the skills they need to meet the challenges of parenting teens and preteens in today's turbulent society. Discover parenting styles: dictator, doormat, or active; learn how mutual respect and giving choices reduces power struggles and promotes cooperation. Understand how to use problems as learning opportunities; learn communication skills that help to solve problems while strengthening the parent-teen relationship. Master proven positive discipline techniques that also teach responsibility; understand the value of logical consequences. Prepare to talk to your teen about drugs, sexuality, and violence.

Autism – 1 session

Autism is a developmental disorder that appears in the first 3 years of life, and affects the brain's normal development of social and communication skills. This program is designed for parents to learn more about what Autism is, how to find signs and symptoms that come with it, and how to find proper help and treatment of this disorder. Parents can be more informed about the causes of the behavioral patterns of Autism.

Baby Care – Healthy Steps for Teen Parents – 3 sessions

This program demonstrates basic skills that are vital for newborn care. These materials are written and developed by subject, and previewed in collaboration with a pediatrician, a nurse practitioner, a clinical nurse specialist in maternal child health, childbirth educator, and new and experienced parents. In this amazing video, teen parents will find a valuable guide that will help answer many questions and understand the importance of being good parents.

Breast Cancer Awareness – 1 session

Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. It is considered a heterogeneous disease—differing by individual, age group, and even the kinds of cells within the tumors themselves. Each year it is estimated that nearly 200,000 women will be diagnosed with breast cancer and 450 will die each year. This workshop created for men and women of different ages. You will learn the importance of early detection plan, risk factors, signs & symptoms, breast self-exam and more that could save your life and that of many others.

Bullying: Gaining Insight - 2 sessions

Bullying is a serious problem that can disrupt a school's learning environment and have potentially devastating consequences for young people. *Bullying: Gaining Insight* examines ways adults can effectively identify and intervene in bullying situations. This program showcases situations in which faculty members face challenging situations within the school environment, highlighting important do's and don'ts to keep in mind, and providing ample opportunities for discourse on how the viewer would handle such scenarios. Also provide insight while stressing the need to promote a safe and healthy learning environment.

Childhood Nutrition: Preventing Obesity – 1 session

The number of overweight children in our country has tripled in the last two decades. Obesity puts our kids at a higher risk for type 2 diabetes, early heart disease and low self-esteem. In this program parents learn effective ways to develop healthy eating and exercise habits for the whole family, so kids can feel their best from the inside out.

Children with Special Needs– 1 session

Children with Special Needs challenge families and professionals to help children with special needs to reach their full potential by using a proven motivational, how-to approach. This video-based program provides detailed information on how to let go of the "perfect-baby" dream, face and resolve grief, avoid the no-false-hope syndrome, access early intervention services, and avoid the use of limiting and outdated labels. Also included are specific guidelines for working with professionals and understanding the law.

Cooperative Parenting and Divorce— 8 sessions “Offered In Office ONLY”

Cooperative Parenting and Divorce is a program created to divorced or separated parents with children. This seminar offers parents, community leaders, educator and the legal system a new and unique way to address the concerns of divorcing families. Regardless of family structure, children need parents who are committed to creating a two-home environment devoted to the well-being of every family member. During the divorce process, as parents struggle to restructure their family, they are often unaware of how their negative response to divorce may jeopardize their child’s well-being.

Creating a Clean and Healthy Home –1 session

Creating a Clean and Healthy Home, this program shows families the importance in controlling health problems such as asthma, allergies, mold, carbon monoxide, lead poisoning, polluted water, pests and hazardous household products. Children spend about 90% of their time indoors. Many childhood diseases ironically, can be attributed to a child’s environment. In this program you can learn about health hazards in the home and get practical tips for keeping the home clean and healthy.

The Dad Difference-Young Men as Fathers (for Teens)—2 sessions

This research-based video show dads how to be involved with their babies from pregnancy and on! *Dad Difference* features difference features a diverse group of real father, candid comments and practical tips to become more connected with their baby.

DIABETES—1 session

Diabetes Mellitus, or simply Diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the pancreas does not produce enough insulin, or because cells do not respond to the insulin that is produced. Data from the 2011 National Diabetes Fact Sheet, 25.8 million children and adults in the United States, 8.3% of the population has diabetes. In this workshop you will learn the three main types of Diabetes Mellitus (Type 1, Type 2 and Gestational diabetes), signs & symptoms, causes, diagnosis, prevention, risk factor and much more that could save your life.

Domestic Violence - 1 session

In this class you will learn what *Domestic Violence* is, the different types of domestic violence and what you can do if you are a victim of domestic violence. You will also learn how to submit restraining orders, create a safety plan and be given domestic violence resources.

Families Talk About...Single Parenting—1 session

This program teaches the basics of becoming a successful single parent. Learn to organize your daily family life, ask for help when you need it, build on your parenting skills, look toward and plan for the future and build on family bonds.

Foster Care/ Aging Out – 3 sessions

The story of five young men people, who after being discharged from foster care, must fend for themselves. This series is a must-see for youth, foster parents, and child welfare professionals. Families talk about...Foster Parenting

Grandparents as Parents – 1 session

Real grandparents talk about the challenges of becoming the primary caretaker of their grandchildren. This is a program created for the more than a million American grandparents who today are the sole caregivers for their grandchildren; most have found their lives changed, their finances challenged, and their parenting techniques antiquated with a new, and often traumatized, generation. This program offer compassion, encouragement, and fact-filled advice. It covers everything a grandparent needs to know to cope with the practical, day-to-day needs of raising a child today.

Life Project Goal – 2 Sessions

A life project does not have to be a goal for the distant future. It is important to set goals for ourselves every day. Life projects are not like a recipe, each person has to have an individual plan. Learn the importance of having a life project goal. Making goals for your life and helping your children to have a life project.

Menopause– 1 session

Menopause is a series of natural biological changes that occur when your ovaries stop producing the hormone estrogen, and fertility ends. Menopause can take place over time, or can begin immediately after surgery that removes both the uterus and the ovaries. In this workshop, you will learn many important topics about menopause such as: causes, incidence, risk factors, signs & symptoms, tests and treatment. Understand the natural psychological and anatomical changes in the life of a woman.

Parents on Board –3 sessions

The purpose of the *Parents on Board* is to give you specific ways to be positively involved in your children's education. Even if you are already involved, this program will show how to build on your efforts to support your children and your children's school.

In the *Parents on Board* program, you will learn about proven methods for helping your children succeed in school, such as:

- Developing a structured but not rigid home environment that promotes learning.
- Having high but realistic expectations for your children's success.
- Encouraging curiosity, problem solving and independent thinking in your children.
- Encouraging positive behavior in your children.
- Modeling lifelong learning and the value of education.
- Build positive parent – teacher relationships.
- Supporting the discipline policy of your children's school.
- Understanding your children's learning styles and how to develop and strengthen them.
- Becoming "positive coaches" when helping your children with school work.
- Encouraging language development through reading, talking and listening.
- Making learning part of everyday life.

Parents on Your Side – 3 sessions

This class is conducted by AELAS Director “Priscilla Rocha”. Increasingly, teachers and administrators recognize that parent support can be a key factor in a student’s success in school. Parents are in a unique position to offer insight, assistance, backup, and encouragement concerning their children. Learn to identify six important types of involvement between families, schools, and the community.

Personal Hygiene– 1 sessions

Personal hygiene and a clean environment are essential to maintaining good health. This program introduces the parents on different hygienic techniques that are common and healthy. It covers daily and healthy routines and proper ways of doing them. The topics covered include brushing your teeth, using mouth wash, flossing, shaving, bathing, and other ways to groom oneself to prevent offensive body odor and be more presentable to others. These topics are important to prevent diseases and maintain a healthy lifestyle.

Regaining Family Moral Leadership – 1 session

The purpose of the *Regaining Family Moral Leadership* class is to help parents learn how to keep or regain control of their family. Parents will also learn how to teach their children values and morals that they will need in their adult lives. Parents will also learn:

- How to raise a responsible and confident child.
- Different styles of parenting.
- The goal of children’s behavior.
- How to work, play and grow as a family.
- How to raise children who will do the right thing, even when nobody is watching.

Self -Esteem– 2 sessions

Self Esteem program is a program designed for parents and teens. Not enough self-regard can lead people to become depressed, to fall short of their potential, or to tolerate abusive situations and relationships. In this class you will understand the meaning self-esteem, the difference between good and low self- esteem and how one can improve this.

Self-Worth versus Material Goods – 1 session

The serious crisis of suicides is affecting the purchasing power, employment and consumption capacity. The society has favored the excessive consumption of material goods, giving material goods a “disproportionate value”. When people began to lose some of their belongings, they felt devalued, creating an imbalance in their lives, they focus on the acquisition of goods instead of their own development. This causes a lot of people to feel worthless and lose their meaning of life. This is the reason that the course “*Self-Worth versus Material Goods*” is given. It teaches the importance of virtues, values, moral and the right way to proceed in life. Participants are taught techniques to strengthen their inner self, a consistent practice of self-respect and respect towards others.

Students & Self- Destructive Behavior – 1 session

Students face a variety of stressful or traumatic circumstances in the course of their everyday lives and may begin to abuse drugs or develop eating disorders to cope with these difficult situations. *Students & Self-Destructive Behavior* details strategies and appropriate steps that school staff members or parents can employ when dealing with troubled students. In “I Can Handle It,” when the warning signs are missed, Marcus’ drinking problem spirals out of control, and in “I Can’t Stop,” Brooke’s problem with bulimia is covered up until she ends up in the emergency room. These powerful vignettes provide staff members with a springboard for discussion about these vital topics.

Surviving High School (High Schools Only)—1 session

From teasing to eating disorders, from academic stress to drug abuse, from depression to violence to suicide. School can become discouraging for students who have achieved the high school level. *Surviving High School* leaves you with an overall better understanding of high school while learning the importance of goals, how to set them and how to prepare for that next step, college.

Surviving Summer--1 session

Children tend to lose focus during summer months. *Surviving Summer* gives tips on how to encourage children to stay focused with math, reading and writing. Learn techniques on creating summer structure, eating habits, keeping physically active and activities for overall summer fun.

Teen Files-- The Truth about Body Image – 1 session

Teens are faced with many pressures regarding body image, such as the muscle men and waifish fish featured in ads and magazines. This program shows its teenager participants how popular ideas of “beauty” damage teens physically and psychologically. Teens comparing themselves to the “life-size” and completely unrealistic – proportions of Barbie and Ken consumption of steroids and diet pills. Visits to a magazine modeling session and computed graphics artist show how the models and clothing are manipulated and photos are altered to ensure the models’ appearance fits the currently accepted image.

Teen Files – The Truth about Cigarettes – 1 session

In this program, we explore the themes of addiction and the dangers of tobacco through the lives of two ambitious teenagers. Teens in record numbers are becoming hooked on tobacco. The world’s view on smoking cigarettes has changed dramatically over the last century. The habit was once considered to be cool, sexy, good for your health, and widely enjoyed by many people. No one could be seen acting in a movie without a lit cigarette in their hand! Today, smoking is considered to be a nasty addictive habit that can dill many teens and those around them.

Teen Files – The Truth about Drinking – 1 session

Alcohol kills more than five times the number of people killed by cocaine, heroin, and every other illegal drug combined. Yet for today’s teenagers, alcohol is the number one drug of choice. It is considered “cool” by many teens to drink as much as they can in social situations involving their peers. Few if any of these young people think about the consequences. In this program, teens who are current drinkers see firsthand what the potential consequences of alcohol use from every perspective, including: how drink impairs of person’s coordination, vision, and reaction time; how the brain and other organs suffer lasting damage from alcohol use; how a drug person really drives; and how drinking can lead to spending months in a rehabilitation center.

Teen Files – The Truth about Drugs – 2 sessions

The Truth about Drugs is a powerful program than graphically demonstrates to teens the effect of various types’ drug on their self, friends, babies, and family. The damage drug do to their body is not always apparent and today teens often overlook the dangers they face when using such as rape, homelessness, suicide, jail time, and the inability to focus and study.

Teen Files – The Truth about Hate and Violence – 1 session

Teen violence in the United States has reached epidemic proportions. Over half of children in grades 6 through 12 say they could get a handgun and 1 in 4 murders of juveniles involve a juvenile offender. Over 2,000 children are abused every day, and most of them go on to commit violent acts. This program provides compelling media support for Health and Guidance units on teen violence, conflict resolution, youth-at-risk, behavioral choices and decision making, and gangs.

Teen Files – The Truth about Sex – 1 session

More than half of all teenagers have sex before the age of 18. Every 10 seconds in America, another teenager contracts a sexually transmitted disease, and over 3,000 teens become pregnant each day. Parents and teens are often too uncomfortable to discuss the risks associated with sex. This program supports Health & Guidance, Sex Education Family Life, and Life Skills units on human growth and development, human sexuality and reproduction, behavioral choices, and STDs. With 20/20 clarity, it focuses on the realities of having sex too young, including unwanted pregnancies and STDs. Students' understanding of the relationship between unsafe behaviors and personal health is reinforced through real-world examples of several sexually active teenagers.

Think About It: Understanding the Impact of TV/Movie Violence – 2 sessions

Violence in the movies and the television has become the norm, but the effect on our youth can be both shocking and sobering. From video game to TV shows to feature films, our children and teens are bombarded with a steady dose of gratuitously violent images. This program provides important information on our understanding of how media exposure puts young people at risk from violence. This is a very useful tool to help us take action in an area where we can do something.

Windows: Healing and Helping Through Loss – 1 session

Loss comes in different stages. Whether be it the loss of a love one, things, divorce, a job, friendship, health, dreams or self-esteem, *Healing and Helping Through Loss* helps one to cope with grief and loss with a healthy and more positive perspective on life.