



PARENT WORKSHOPS

BULLIES BULLYING EVERYWHERE!!! (90 minutes)

Bullying has existed for centuries, so what's the big deal now? Within this workshop parents will discuss how bullying has evolved over the generations. They will learn to identify 5 types of bullying; bully circle, behaviors; and its impact on students, home, school and community. Parent will also identify signs of bullying and receive tips and resources to help their child(ren).

THE EFFECTS OF MEDIA ON OUR CHILDREN (2 hours)

This two hour workshop presented by VAE L, explores the world of media (print, TV, radio, internet and other technical devices) and how its strong images influence the learning, attitudes, self-image, esteem, values, and character of our children. Understanding that media is a powerful teaching tool, participants will develop basic media literacy skills to assist them in taking back control by monitoring and filtering media content that influences their children.

ENCOURAGE THE LOVE OF READING (90 minutes)

When raising lifelong readers, it is not only important to start young, read out loud together, visit the library, and be a good role model; but it is also important to generate excitement and passion around reading. Within this 90 minute workshop, participants will be introduced to numerous creative tips that are organized into 10 simple strategies for inspiring the young reader.

FIGHTING FAIR (HOW TO TEACH & MODEL CONFLICT MANAGEMENT AND RESOLUTION SKILLS) (2 hours)

Conflict is inevitable. Especially, since we live in a world where everyone is an individual with different opinions and values; and media continuously glamorize aggressive and violent behavior. In this workshop participants learn how to teach and model effective conflict management and resolution skills to their children. Participants will learn age- appropriate conflict resolution skills to help their child(ren) manage emotions, control impulses, get along better with peers, make wise decisions and solve everyday problems.

LEADERSHIP TRAINING FOR PARENT ORGANIZATION (90 minutes)

Assist PTO, PTA and informal parent organization members in developing the leader within. Participants will discuss the qualities exemplified of great leaders; analyze their personal attributes, attitudes, behaviors; and explore components of building and maintaining productive partnerships with parents, school staff and parent organization.

PARENTS AS 1ST TEACHERS (PART I): HELP YOUR UNORGANIZED STUDENT GET ORGANIZED (2 hours)

Middle school presents many new challenges for students, especially when it comes to mastering organizational skills. Different from elementary school, middle school demands more responsibility from students, requiring them to juggle multiple assignments in various classes

from many different teachers. A student's grades can be greatly affected by his/her lack of organizational skills: not being prepared for class, forgetting and/ or losing homework and assignments, in addition to increasing levels of frustration. In this workshop, parents will receive tips and strategies to help their child become more efficient with his/her school-work; reduce homework stress; save time; and empower their student to achieve success.

PARENTS AS 1ST TEACHERS (PART II): HOW TO TEACH YOUR CHILD STUDY SKILLS AND TEST TAKING STRATEGIES. (2 hours)

Within this training, parents will be provided with tips and strategies to help their child develop more efficient study skills and test taking strategies, for achieving academic success. Participants will focus on how to teach their child how to interact with their teachers, read text books, write papers, take and study notes, test taking strategies, and tracking their grades.

PREPARING YOUR CHILD FOR DATING (90 minutes)

Are you ready for your child to start dating? Ready or not, developing relationships and dating are a part of growing-up. This workshop is designed to empower parents with tips and checklist to help them move beyond passive parenting to "teaching- parenting" when preparing their child for developing relationships and dating. Parents will learn how to set the stage, develop a plan and strategies to assist their child in identifying their self-worth and making good choices that produce safe, healthy relationships.

PROMOTING POSITIVE SELF –IMAGE AND ESTEEM IN OUR CHILDREN (90 minutes)

Provides families with a quantitative and qualitative overview of outcomes that highlight the impact positive self-image and esteem have on developing a holistically (academically, physically, socially, mentally) well balanced child. Participants will also receive innovative tools and resources to help them promote positive self-image and esteem for themselves and their child(ren).

RAISING RESPECTABLE, WELL MANNERED CHILDREN HELPS IMPACT STUDENTS' ACHIEVEMENT (2 hours)

Is a collection of etiquette workshops for parents that teaches best practices needed to assist child(ren) in developing excellent communication skills and manners necessary for handling themselves with poise, integrity and confidence within any academic, social, and/or professional settings. Workshop Sessions include:

- **EVERYDAY MANNERS** is more than just saying please and thank you. Participants will learn the art of first impressions; introductions and greeting; dress, bathroom and conversation etiquette. In addition to fostering positive character traits such as respect, consideration, politeness and honesty.
- **OUT AND ABOUT** (Public Places and Transportation): The Majority of our day is spent moving about throughout our community. Learn proper protocols to navigate through

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various public venues (school assemblies, McDonald's line or on the bus) with respect and consideration for oneself and others.

- ***DINING ETIQUETTE*** (Informal and Formal Settings). Develop proper dining manners and techniques that will boost both you and your child's confidence, ensuring a pleasant dining experience in any environment. Learn table settings, napkin & utensil etiquette, proper dining conversations, and dining habits.
- ***MATURING WITH GRACE I:*** Help your teen navigate through life with poise and grace. Gain tips and resources to assist them in mastering interpersonal skills vital for healthy relationships; handling of day to day interactions and situations appropriately. We focus on Everyday Manners; Out & About; School and Work Etiquette that will insure success in every situation.
- ***MATURING WITH GRACE II:*** Help your teen navigate through life with poise and grace. Gain tips and resources to help your social, tech savvy teen develop socially acceptable communication skills, technology etiquette (phone & internet) and social etiquette (dating, social networks, entertaining etc...).

SPARKING EXCITEMENT AROUND EVERYDAY MATH (90 minutes)

Studies have shown that between elementary and high school many children become disengaged in math due to one or more factors: lack of self-confidence, the devaluation of math, unawareness of math's purpose in everyday life, lack of motivation and anxiety. Within this 90 minute workshop, participants will be introduced to five strategies to help their student become engaged and excited about everyday math.

SUPER PARENTS BURNOUT TOO!!! (90 minutes - 2 hours)

Every parent battles with balancing home, work, and everyday life situations that can sometime become overwhelming. In this workshop, parents will learn how to identify signs of burnout and how it impacts their students learning, home life, job performance, and everyday life. Participants will develop effective coping strategies to deal with stressors, in order to live a balance, productive, stress free life.

TO KNOW ME IS TO LOVE ME (Understanding Your Child's Soul) (2 hours)

Introduces participants to the various essential components that make up their child's inner workings known as the (mind) which includes: learning styles, multiple intelligences personality preferences, love languages, and character. Participants will also identify tools and resources *needed* to help them better understand their child; while supporting their academic success; love for learning; nurturing healthy relationships; a positive self-image, esteem and attitude.

PROFESSIONAL DEVELOPMENT TRAINING (PARENTS & STAFF)

YOU, ME AND WE is a three part training series designed to serve as a catalyst that cultivates personal relationships, collaborative partnerships, and an all family-school-community inclusive environment. The series will consist of a 90 minute parent workshop, two 1-hour professional development training for staff, and a 1-hour parent/teacher strategy meeting. The parent workshop is designed to educate participants on the importance of their role and partnership with

the school in developing their children's academic success. The professional development training is designed to support the school personnel as they effectively leverage parent partnership to improve student achievement (academically, socially and emotionally); by creating a welcoming environment, building personal relationships and the implementation of a parent engagement plan.