

# Parent Webinars 2022-2023

#### September 21, 2022 Mental Health is for Everyone

As we work to normalize and identify emotional challenges across cultures the District is focusing on support through campus-based services to address those needs and challenges.

## October 19th, 2022 Behavior Bootcamp

Parents and caregivers will learn ways to strengthen their understanding of the power of consistency when implementing behavioral interventions and strategies in the home.

#### November 16th, 2022 Exploring Post-Secondary Options

(Academic Programs Available to FBISD Students (AP, AAC, Dual Credit, etc.) Financial Health for Students/Non-college Opportunities)

FBISD offers a variety of secondary and post-secondary opportunities

for students. Attendees will learn about ways to ensure students are in the appropriate course levels, as well as on the correct pathway that best leads them to their identified postsecondary goals.

#### January 18th, 2023 Current Drug Trends and What Parents Need to Know

Parents will be provided information on current drug trends to help them be aware of what to look for and how to best support their children.

### February 15th, 2023 Study Habits & Test Anxiety

Parents and caregivers will be equipped with research-based strategies and tools to help students be better prepared for school, state, and national assessments. Information about test anxiety symptoms, current district and campus-based support systems to address it, and best practices regarding how to lower and/or minimize it will also be shared.

#### April 19th, 2023 Social Media & Your Digital Footprint

Learn how to help your students use social media in healthy ways and understand the impact of their digital footprints.

# May 15th, 2023

# Violence Prevention

(Human Trafficking, Dating Violence, Child Abuse, Gun Safety)

Helpful tools, information, and methods of prevention regarding a variety of safety-related topics to help keep our students safe will be shared with the community.

# Get involved. Get help. Get healthy.

For information about our resources, please scan here. www.fortbendisd.com/ wholechildhealth







#DecreaseStigma #IncreaseAwareness