

# Successful Parent Seminars for Student Protection



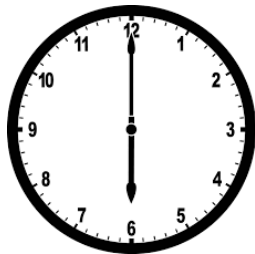
## Parent seminar requirements

<https://le.utah.gov/xcode/Title53G/Chapter9/53G-9-S703.html>

Free to parents.



Takes place at or after 6 pm, or on Saturdays.



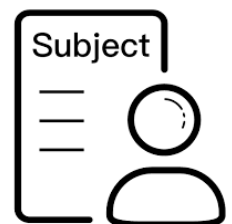
Is held in at least one school in the district, or can be done virtually.



One parent seminar annually for each 11,000 students enrolled in the district (max of 3 required annually per district).



Covers the following topics: substance abuse, bullying, mental health, suicide prevention, limiting access to fatal means, internet safety, and SafeUT.



"The most successful one we had was due to child care being offered, an opportunity for high school students to work off U's, and elementary kids doing a singing presentation." *Murray City School District Employee*

# What increases parent participation?

The Suicide Prevention Coalition conducted a survey of school and community partners in 2023. The 27 respondents reported that these key elements increased parent participation:

- Choosing a topic of focus that interests parents.
  - The most popular topics reported were internet and social media safety, mental health, and suicide prevention.
  - Other popular topics included bullying, substance use, parenting, and helping their child develop emotion regulation skills.
- Providing food
- Providing childcare
- Having a virtual option for participation
- Keeping the event brief
- Involving students in planning and promotion
- Combining the event with parent teacher conferences or literacy nights
- Having a great speaker

\*Schools can use Prevention Block Grant Funding from H.B. 16 (2023), when awarded through USBE, to carry out prevention-focused parent seminars. However, food is not an allowable expense.

"We hold an annual Parenting Elevated seminar in conjunction with a city-wide Dia De Los Muertos (Day of the Dead) Celebration. This event includes parenting classes, community organizations available to answer questions, help for parents to sign up for Community Christmas, etc." *Ogden School District Employee*

## Engaging speakers and resources to get you started:

- Many schools have success with their own staff presenting, or having performances from student groups or cultural performers at the event.
- Engaging speakers or materials from non-profit community partners, such as:
  - [National Alliance on Mental Illness](#)
  - [Parents Empowered](#)
  - [Live On Utah](#)
  - [Crimes Against Children Task Force](#)
  - [Cook Center for Human Connection](#)
  - [Parent Guidance](#)
  - [United Way](#)
  - [Voices for Utah Children](#)
  - [Hope for Utah](#)

- [Social Harms Utah](#)
- And many more!



"I attribute the success of my most successful parent seminar to the students who were interested in the content of the seminar and highly encouraged their parents to attend it. Having the students promote it to their parents was highly effective because they were able to communicate the meaningfulness of the seminar to their parents which got the parents on board too."

*Jordan School District Employee*

## Messaging safely about suicide prevention

Suicide prevention is a sensitive topic. It is important to follow safe messaging guidelines to avoid increasing hopelessness and risk for vulnerable individuals, especially when messaging to young audiences.

Here are some tips to ensure suicide prevention messages are safe and effective:

- Share hopeful stories and data that show recovery is the most likely outcome.
- Educate on warning signs of suicide and action steps the audience can take.
- Share resources like the SafeUT app and 988 crisis lifeline.
- Prepare speakers beforehand by asking them to read the [Safe Storytelling Guidelines](#) from the American Foundation for Suicide Prevention and other resources at [Live On Utah's Safe Messaging website](#).

Avoid:

- Sharing details about how a person ended their life.
- Conveying that suicide is a common or acceptable response to life's problems.
- Portraying suicide as romantic, honorable, glamorous, or a way to get justice or positive attention.