



# Bay Area Alliance-Menu of Presentations



## Presentations for Parents & Educators

### > **FENTANYL: WHAT YOU NEED TO KNOW-**

*The latest information on the impact of fentanyl crisis in our communities and how we can play a role in it*

### > **VAPING & SHOW AND TELL -**

*The most up to date information on the vaping and e-cigarette trend and the impact on our schools and community; includes display of most current products on the market*

### > **DRUG TRENDS & THE DANGERS LURKING IN YOUR TEEN'S BEDROOM -**

*The most up to date information on the current drug trends facing our schools and community; includes a show and tell presentation showing the common ways teens can conceal dangerous or illicit items*

### > **LIONS AND TIGERS AND BEARS, OH MY! HOW TO GUIDE KIDS ON THE YELLOW BRICK ROAD OF LIFE -**

*The issues facing young kids today, including vaping, drugs/alcohol, social media, etc. and how parents can help steer them down the right path of making healthy choices; geared toward parents of Elementary-aged children*

### > **YOU'RE KILLING ME SMALLS- GUIDING TWEENS THROUGH THE BEAST OF INTERMEDIATE SCHOOL -**

*The issues facing youth today, including vaping, prescription drug misuse, social media, etc. and how parents can help their child navigate these challenges; geared toward parents of Middle School-aged youth*

### > **STRESS & HEALTHY WAYS OF COPING -**

*Factors affecting Mental Health in our world today including tools to implement to aid in stress reduction including an emphasis on gratitude*

### > **CREATING RESILIENCY IN OUR YOUTH -**

*The building blocks of resiliency; how parents and community members can help reinforce protective factors in our community youth*

### > **SMOKE SHOP 101 -**

*What is it with all the smoke shops popping up everywhere? What are they selling, is it legal, and are they marketing to kids? Find answers in this informative presentation on the ins and outs of the rise in smoke shops in our community*

### > **BULLYING- IF WE COULD ALL TAKE A PAGE FROM TED LASSO -**

*Current trends in bullying including cyberbullying, how to identify bullying, and how to help our kids prevent bullying in schools*

### > **IS MY CHILD READY FOR A SMART PHONE? -**

*Helping parents understand the impacts of cell phone use, some dangers to be aware of, and best practices for parental monitoring*

### > **SOCIAL MEDIA AND MENTAL WELLNESS -**

*What is the link between social media and mental wellness? How do I help my child create healthy habits? Includes discussion on Cyberbullying*

## Presentations for Youth & Students

### > **BEAN BOOZLED (OLDER ELEMENTARY & JR HIGH YOUTH)-**

*An activity-based presentation for older youth geared toward building awareness that drugs and alcohol can be presented with false messages and misinformation by peers and others - **POPULAR FOR RED RIBBON WEEK!***

### > **MEDICATION SAFETY (ELEMENTARY)-**

*An activity-based presentation for young children to enhance knowledge and awareness of the safe and proper uses of medications - **POPULAR FOR RED RIBBON WEEK!***

### > **THE DANGERS OF VAPING (JR & HS YOUTH)-**

*An activity-based presentation for all ages teaching the dangers of tobacco and e-cigarettes*

### > **MAKING HEALTHY CHOICES - WHAT'S IN A MINUTE? (JR & HS YOUTH)-**

*Fun, fast paced activities for youth to get engaged in order to see how choices they make in an instant can have an impact on their future*

### > **STRESS & HEALTHY WAYS OF COPING (JR & HS YOUTH) -**

*Factors affecting Mental Health for youth today including tools to implement to aid in stress reduction including an emphasis on gratitude*

### > **SOCIAL MEDIA & CYBERBULLYING (JR & HS YOUTH) -**

*Important issues facing teens as they navigate the world of social media; includes tips on healthy cell phone use*

### > **ME, MYSELF, AND MY FRIENDS (OLDER ELEMENTARY & JR HIGH YOUTH) -**

*Friendships change over time. That can be a good thing, but it can also be hard. In order to have good friends, we also have to be a good friend.*

### > **TIME MANAGEMENT & COPING WITH TEST TAKING ANXIETY (JR & HS YOUTH)-**

*This presentation gives tips and tricks for managing time wisely & addresses the issue of test taking anxiety with tools for coping.*

*The presentations above are for informational purposes only and not meant to replace advice from a Mental Health Professional. Please contact your campus Student Support Counselor or your primary care doctor with mental health concerns.*

**Contact us to schedule a presentation for your group or class! 281-284-0370 or [Ltracy@ccisd.net](mailto:Ltracy@ccisd.net)**