

2023-2024



# PARENT EDUCATION SERIES

Parent Education Series is our way of empowering parents and guardians to support their children's academic, social and emotional needs through a series of information sessions. Become informed on specialized topics, engage in two-way dialogue with speakers and fellow parents, and become a support resource for others.

## SERIE DE EDUCACIÓN PARA PADRES

La Serie de Educación para Padres es nuestra forma de empoderar a los padres y tutores para que apoyen las necesidades académicas, sociales y emocionales de sus hijos a través de una serie de sesiones informativas.

Infórmese sobre temas especializados, participe en un diálogo bidireccional con oradores y otros padres, y conviértase en un recurso de apoyo para los demás.

Revised 2/15/2024

# SESSIONS BY DATE

 Sesión en español

## August, 2023

- Aug. 30 - Applying to College Successfully

## September, 2023

- Sept. 13 - College Options for Juniors


## October, 2023

- Oct. 11 - Make Kindness Go Viral: Addressing Cyberbullying at Home
- Oct. 18 - Bullying Prevention Discussion Series - *What is Cyberbullying and Why Does It Happen?*
- Oct. 25 - Bullying Prevention Discussion Series - *Becoming the Solution: How Can Parents Tap the Upstander in All Students?*

## November, 2023

- Nov. 1 - Bullying Prevention Discussion Series - *Kind Relationships: How Can Parents Support their Children in Caring for Themselves and Others Every Day?*
- Nov. 29 - Early College Credit Information Night

## December, 2023

- Dec. 6 - Calming the Storm: Supporting Your Child When They're Feeling Anxious (2 concurrent sessions: 1 in English, 1 in Spanish)  
 *Calmando la Tormenta: Identificando y Apoyando a los Niños con Ansiedad*  
 (2 sesiones simultáneas: 1 en inglés, 1 en español)
- Dec. 13 - Let's Talk About It: *Screenagers Next Chapter* Film Screening & Dialogue
- Dec. 19 - How Do I Know? A Parent's Guide to Detecting Vaping, Alcohol and Drug Use


## January, 2024

- Jan. 24 - Let's Talk About It: *Race to Be Human* Film Screening & Dialogue
- Jan. 31 - *Race to Be Human* Discussion Series: *How Can I Help My Child Learn About & Appreciate Other Peoples' Ethnic and Cultural Identities?*

## February, 2024

- Feb. 7 - *Race to Be Human* Discussion Series: *How Do I Talk to My Child about How Identity Affects People's Lived Realities?*
- Feb. 21 - *Race to Be Human* Discussion Series: *What Can We Do in Our Communities and Beyond to be More Inclusive?*

## March, 2024

- March 5 - Spring Into College (College Admissions Process)
- March 13 - Building Resiliency: Supporting a Growth Mindset (2 concurrent sessions: 1 in English, 1 in Spanish)  
 *Construyendo Resiliencia: Apoyando una "Mentalidad de Crecimiento"*  
 (2 sesiones simultáneas: 1 en inglés, 1 en español)

# DIRECTORY OF SESSIONS

*Fall 2023*

## Applying to College Successfully

**Wednesday,  
Aug. 30, 2023  
6:30pm-7:30pm  
St. Charles North  
High School  
Auditorium**

English / In Person

Presenter: Providence & Toledo Universities

This evening event is targeted towards Seniors and their parents, but is open to students and parents of all ages. Come to hear from college admissions counselors about the application, admission, and enrollment process.

## College Options for Juniors

**Wednesday,  
Sept. 13, 2023  
6:30pm-7:30pm  
St. Charles North  
High School  
Auditorium**

English / In Person

Presenter: District 303 School Counselors

This evening event is targeted towards Juniors and their parents, but is open to students and parents of all ages. Come to hear from District 303 school counselors about the process of selecting the right college for your family.

## Make Kindness Go Viral: Addressing Cyberbullying at Home

**Wednesday,  
Oct. 11, 2023  
7:00pm - Virtual**

**Sign up to receive  
link.**

**SIGN UP**



English / Virtual

Presenter: Sameer Hinduja, PhD. | Cyberbullying Research Center

This presentation seeks to share evolving best practices that can be proactively implemented in homes and families to curb technology misuse. Foundational information related to how kids use the Internet and their devices is first provided before examining cyberbullying, sexting, and unwise social media use in detail. Practical strategies for identification, prevention, and response are then discussed. There will be time for Q&A from the audience. Attendees will leave equipped with an increased ability to promote safe and responsible participation in cyberspace among the youth they care for, and with numerous resources to assist them towards those ends.

## Let's Talk About It: Bullying Prevention Discussion Series

**6:00pm-7:00pm  
for all sessions  
Virtual for all  
sessions**

**SIGN UP**



English / Virtual

Presenters: Impactful, LLC & District 303 Staff

Join District 303 in follow-up discussions related to talking with your children about bullying. Walk away with tools for having courageous conversations with your children designed to build their awareness of the forms bullying can take, how to show empathy for others, and how to stand up to bullying behavior.

**Dates:**

- Weds. Oct. 18th, 2023: What is Cyberbullying and Why Does it Happen?
- Weds. Oct. 25th, 2023: Becoming the Solution: How Can Parents Tap the Upstander in All Children?
- Weds. Nov. 1st, 2023: Kind Relationships: How Can Parents Support their Children in Caring for Themselves and Others Every Day?

## Early College Credit Information Night

Wednesday,  
Nov. 29, 2023  
6:30pm-7:30pm  
St. Charles North  
High School  
Auditorium

English / In Person

Presenter: District 303 Staff

This evening event is targeted towards high school students and their parents, but is open to students and parents of all ages. Come to learn Information about Advanced Placement (AP), Fox Valley Career Center (FVCC), and Elgin Community College (ECC) & College of DuPage (COD) dual credit options.

## Calming the Storm: Supporting Your Child When They're Feeling Anxious

Wednesday,  
Dec. 6, 2023  
Morning & Evening  
Sessions  
\*VIRTUAL\*  
\*(Updated 12/04/2023)

English / ~~In Person~~ VIRTUAL (Updated 12/04/2023)

Presenters: Allyse Rehak, MA, LCPC, Riverview Counseling Services

As anxiety becomes more prevalent in our children, parents want to be able to support their child's worries. Come learn what anxiety is all about and how to build your child's emotional health.

- **Morning Session:** 10:30AM | ~~Haines Center, Room 111~~
- **Evening Session:** 6:00PM | ~~Haines Center, Room 140~~

**SIGN UP**



## ● Calmando la Tormenta: Identificando y Apoyando a los Niños con Ansiedad

Miércoles 6 de  
diciembre del 2023  
Sesión en la  
Mañana y en la  
Tarde  
\*VIRTUAL\*  
\*(Actualizado 12/04/2023)

Español / ~~En Persona~~ VIRTUAL (Actualizado 12/04/2023)

Presentador(a): Darley Giraldo, LCPC, Riverview Counseling Services

A medida que la ansiedad se vuelve más frecuente en nuestros hijos, los padres quieren poder apoyarlos con las preocupaciones que ellos puedan tener. Venga a aprender de qué se trata la ansiedad y cómo desarrollar la salud emocional de su hijo.

- **Sesión en la Mañana:** 10:30 AM | ~~Haines Center, Room 105~~
- **Sesión en la Tarde:** 6:00PM | ~~Haines Center, Room 111~~

**REGÍSTRESE**



## Let's Talk About It: *Screenagers Next Chapter* Film Screening & Dialogue

Wednesday,  
Dec. 13, 2023  
6:00pm  
\*VIRTUAL\*  
\*(Updated 12/08/2023)

English / In Person

Presenter: Delaney Ruston, MD & Screenagers Filmmaker

Filmmaker and physician Delaney Ruston uses a personal lens and professional eye to help flip the script on stress, anxiety, and depression. Filmgoers follow Delaney as she finds herself at a loss on how to help her own teens as they struggle with their emotional wellbeing. Dr. Ruston sets out to understand these challenges in our current screen-filled society, and how we as parents and schools empower teens to overcome mental health challenges and build emotional agility, communication savvy, and stress resilience.

A Q&A discussion with filmmaker Dr. Ruston will follow.

**SIGN UP**



# DIRECTORY OF SESSIONS

## How Do I Know? A Parent's Guide to Detecting Vaping, Alcohol and Drug Use

Tuesday,  
Dec. 19, 2023  
6:30-8:30pm  
\*VIRTUAL\*  
\*(Updated 12/08/2023)

SIGN UP

Presenter: Detective Rich Wistocki

An unforgettable, thought-provoking presentation that provides teens and their parents insight and education exposing the use of vaping and the accidental road to addiction. From Middle School to High School Students, the "How Do I Know?" program, boldly outlines challenges teens face every day. The drug abuse epidemic has continued to grow nationwide in ways we've never seen before. The potency of these drugs, and their availability in our communities and schools is staggering. Presenters will discuss how "Vaping" and "Weed" are the gateway to more potent drugs. Students will be given a life's lesson in addiction and how it can be fatal. Powerful and accessible addiction resources will be given to all who attend.

## Spring 2024

### Let's Talk About It: *Race to Be Human* Film Screening & Dialogue

Wednesday,  
Jan. 24, 2024  
6:00-7:30pm  
\*CHANGED TO  
VIRTUAL\*

SIGN UP

English / ~~In Person~~ VIRTUAL

Presenters: Scilla Andreen & Jason Craig Harris | Impactful, LLC

Description: This documentary addresses the impact of racism on students' mental health through the lens of students, experts and educators. The film examines micro-aggressions, allyship, and the role of social media. It also shares how we can participate and build empathy through conversations at home, work, and school. A Q&A discussion will filmmaker Scilla Andreen and one of the film's featured experts will follow.

### Let's Talk About It: *Race to Be Human* Discussion Series

6:00pm-7:00pm  
for all sessions  
\*CHANGED TO  
VIRTUAL for all  
sessions\*

SIGN UP

English / ~~In Person~~ VIRTUAL

Presenters: Impactful, LLC & District 303 Staff

Join District 303 in follow-up discussions related to talking with your children about race, culture, and identity. Walk away with tools for having courageous conversations with your children designed to build their awareness, empathy, and allyship of people from all walks of life.

Dates:

- Weds. Jan. 31, 2024: How Can I Help My Child Learn About and Appreciate Other Peoples' Ethnic and Cultural Identities?
- (POSTPONED UNTIL FEB 21) Weds. Feb. 7, 2024: How Do I Talk to My Child about How Identity Affects People's Lived Realities? [The topics originally planned for tonight's discussion will be combined with the topics planned for February 21.]
- Weds. Feb. 21, 2024: What Can We Do in Our Communities and Beyond to be More Inclusive?

### Spring Into College (College Admissions Process)

Tuesday,  
March 5th, 2024  
6:00-8:00pm  
St. Charles East HS  
Little Theatre

English / In Person

Presenter: Julie Nelson, Xavier University

This evening event is targeted towards Juniors and Seniors and their parents but is open to all students and parents. Hear from college admissions counselors about the application, admission, and enrollment process.

## Building Resiliency: Supporting a Growth Mindset

**Wednesday,  
March 13, 2024  
Morning & Evening  
Session  
Changed to VIRTUAL**

**SIGN UP**



English / Changed to VIRTUAL

Presenters: Allyse Rehak, LCPC | Riverview Counseling Services

Parents want their children to be successful when moving through life's "ups and downs." Helping to support resiliency through challenges can teach them how to be more confident in themselves.

- **Morning Session:** 10:00AM | VIRTUAL
- **Evening Session:** 6:00PM | VIRTUAL

## ● Construyendo Resiliencia: Apoyando una "Mentalidad de Crecimiento"

**Miércoles 13 de  
marzo del 2023  
Sesión en la  
Mañana y en la  
Tarde  
Cambiado a VIRTUAL**

**REGÍSTRESE**



Español / Cambiado a VIRTUAL

Presentador: Darley Giraldo, LCPC, Riverview Counseling Services

Los padres quieren que sus hijos tengan éxito en la vida a pesar de todos los "altibajos" que tengan que enfrentar. Ayudar a los niños a seguir adelante a pesar de las dificultades de la vida puede enseñarles cómo tener más confianza en sí mismos. Al superar estas dificultades, fomentamos la independencia y la capacidad de crecer y madurar hasta la edad adulta.

- **Sesión en la Mañana:** 10:00AM | VIRTUAL
- **Sesión en la Tarde:** 6:00PM | VIRTUAL

Revised 2/15/2024

Please visit the Parent Education Series webpage for the most updated information about our sessions and the links to register.



<https://district.d303.org/parent-education>

