



Office of Community Relations

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Dysart offers awareness programs for parents

DYSART SCHOOLS — *Safe Schools Healthy Students* is proud to offer a series of parent education programs. The series will teach parents to understand and assist their children with issues in today's society. The first program, presented by DrugFreeAZ, features a four-session workshop titled "*Guiding Good Choices*," and is recommended for parents or caregivers of children ages 9 to 14. "*Guiding Good Choices*" will be held on four consecutive Tuesdays - November 29, December 6, December 13, and December 20, at the Valley Vista High School Media Center, from 6 - 8 p.m. Parents will learn how to prevent drug abuse in the family, how to develop healthy beliefs and clear standards, how to say "no", how to control and express anger, and how to strengthen family bonds.

Also offered, are two *notMYkid* programs for parents and caregivers of children of any age. On Thursday December 8, *notMYkid* will present "Internet Safety" from 6 - 7 p.m., at the Valley Vista High School Lecture Hall. The *notMYkid* program raises awareness of the increasing challenges adults face when protecting their children from Internet and social media dangers. On December 15 from 6 - 7 p.m., *notMYkid* will present "Substance Abuse".

Valley Vista High School is located at 15550 N. Parkview Place in Surprise. For more information, contact *Safe Schools Healthy Students* at 623.876.7937.

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