



A Two-hour Workshop for Parents of Upper Elementary, Middle and High School Age Youth **The goal of the workshop is to:**

- Emphasize the importance of the parent in shaping youths' sexual beliefs, attitudes, and behaviors
- Consider the influences on adolescents today
- Increase comfort and skill for effective communication
- Assist parents in building a partnership with the school to meet the needs of students.

The workshop presenter, Barbara Flis, is the founder of Parent Action for Healthy Kids. She insists that every parent has the power to make a difference. She cites her grass-roots PTA experience as the first step on her journey that led to serving on an expert panel for the American Academy of Pediatrics writing guidelines for Family and Community Involvement in Health, Mental Health and Safety in Schools. She is the co-chair for the Michigan Surgeon General's Michigan Steps Up Campaign and was most recently appointed by Governor Jennifer Granholm to coordinate the Talk Early & Talk Often initiative, designed to help parents gain knowledge and skills to talk to their middle school children about abstinence and sexuality.

Ms. Flis has conducted numerous workshops, both statewide and nationally, on various health related and parent involvement topics, and has been honored several times for her work on behalf of children. She is an enthusiastic speaker who passionately believes our children need accurate information so to make decisions for themselves that will keep them safe and healthy for a lifetime.

For more information or to book a workshop, contact Barb at: 248-538-7786 or via e-mail:

barb@parentactionforhealthykids.org

Hurry, the number of workshops that can be conducted under this grant is limited.

Book one today!

NOTE: This two-hour workshop is offered at no charge to parent groups, school boards, and educators throughout the state under a grant from the Michigan Department of Education and supported in part by a Cooperative Agreement from the U.S. Centers for Disease Control and Prevention (CDC), National Center for Chronic Disease Prevention and Health Promotion, Division of Adolescent and School Health, Atlanta, GA, 30333. The content does not necessarily reflect the official views of the U.S. Centers for Disease Control and Prevention.