



ISSUES AFFECTING TODAY'S TEENS AND HOW YOU CAN HELP

We all want to keep our teens safe. In this presentation, you'll learn to:

- Recognize signs of distress in teens
- Promote brain health
- Foster resiliency and strong coping skills
- Safeguard teens against internet dangers
- Know the warning signs of suicidal behavior
- Find help for a struggling teen
- Implement protective measures to keep teens SAFE!



Vanita Halliburton is president of the Grant Halliburton Foundation, a non-profit organization that works to raise awareness and understanding of adolescent mental health and suicide prevention. She speaks from the heart about her son's battle with depression and bipolar disorder and his suicide at the age of 19.

Join us for a Parent Education Night

October 12	October 26	November 7
Plano West SH	Vines HS	Plano East SH
Library	Presentation Room	Cafeteria
5601 W. Parker Rd.	1401 Highedge Dr.	3000 Los Rios Blvd.
6:30 – 7:45 pm	6:30 – 7:45 pm	6:30 – 7:45 pm
<i>For more information, please contact PISD Student and Family Services at 469-752-8110</i>		



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SAFE! is a program of the Grant Halliburton Foundation.
For more information, visit www.GrantHalliburton.org