



## Parent/Guardian Resource Night

**5<sup>th</sup> Grade Parents Only**

**Campus:** Odem Intermediate      **Location:** Intermediate Library

**Date:** August 11<sup>th</sup>, 2025      **Time:** 5:00 PM

**Campus Contact:** Lisa Perez RN, District Nurse

Join us for an evening designed to support and empower your family! Come explore your district's health curriculum ESTEEM and discover how it encourages strong character, healthy choices, and open communication at every grade level, 6<sup>th</sup> through 8<sup>th</sup> grade.

The deadline to return the signed form is September 2<sup>nd</sup>, 2025.



### Family-Strengthening Resources You'll Receive Free!

- \* Tips to protect your child online: **dangerous apps**, free filters, and safe tech tools
- \* Healthy lifestyle tools: physical activity charts and **nutrition guides** for chronic disease prevention
- \* Family connection tools: **goal-setting** strategies and communication techniques for home
- \* Know your rights: state laws on **sexting**, child abuse, trafficking, and more
- \* Substance awareness: the truth about vaping, opioids, **fentanyl**, and other dangers
- \* Puberty and adolescent **brain development** – what parents should know
- \* Dating & relationships: **waiting** to date, standards for healthy dating, avoiding risky relationships
- \* Real vs. fake friends: helping your child choose **positive peer** influences

And more! Including a walkthrough on how to use the **Continuing Conversations** worksheets at home to spark meaningful discussions.

Bringing children with you? No problem!

[www.EsteemJourney.com](http://www.EsteemJourney.com) - Click on Parent Access - **Enter Password:** HealthJourney25