

Empowering Parents:

Safeguarding Students Through Successful Parent Seminars



[Parent Seminars](#) provide parents an opportunity to engage with their schools and to better understand topics like: substance abuse, bullying, mental health, suicide prevention, internet safety, and SafeUT.

General Requirements for LEAs



Must be available free of charge.



Takes place at or after six pm.



Provide one seminar annually for each **11,000** students enrolled in the district (Max of three).



Seminar should be held in at least one school in the district.

Program Modification Updates 2024

The legislative session brought updates to [H.B. 82](#) regarding Parent Seminars.



Weekend Options: Parents will now have an option to attend on Saturdays.



Virtual Options: Allows LEAs the flexibility to offer virtual opportunities for parents to participate.

This can provide parents that otherwise would not be able to attend in person an option to participate.



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Tips to Increase Parent Participation

The Suicide Prevention Coalition conducted a survey of school and community partners in 2023. The 27 respondents reported that these key elements increased parent participation:

- Choosing a topic of focus that interests parents.
 - » The most popular topics reported were internet and social media safety, mental health, and suicide prevention.
 - » Other popular topics included bullying, substance use, parenting, and helping their child develop emotion regulation skills.
- Providing food
- Providing childcare
- Having a virtual option for participation
- Keeping the event brief
- Involving students in planning and promotion
- Combining the event with parent teacher conferences of literacy nights
- Having a great speaker

LEAs may use **Prevention Block Grant Funding** from H.B. 16 (2023) when awarded through USBE, to carry out prevention-focused parent seminars as described in Subsection 53G-9-703(2). Keep in mind that food is not an allowable expense.

Additional Tips and Resources

Many schools have success with their own staff presenting at Parent Seminars, or having performances from student groups or cultural performers at the event.

Engaging speakers or materials are available from non-profit community partners, such as:

- [National Alliance on Mental Illness](#)
- [Parents Empowered](#)
- [Live On Utah](#)
- [Crimes Against Children Task Force](#)
- [Cook Center for Human Connection](#)
- [Parent Guidance](#)
- [United Way](#)
- [Voices for Utah Children](#)
- [Hope for Utah](#)
- [Social Harms Utah](#)

