

Parent Workshops – Spring 2026

March 4–April 8, 2026

From 6:00–7:30 p.m.

Workshops presented in English (via Zoom)

Meeting ID: 810 9231 0261 | Passcode: 0

Workshops presented in Spanish (via Zoom)

Meeting ID: 858 0019 6577 | Passcode: 0

Week 1 | March 4 – Introduction to Artificial Intelligence (AI)

- What AI is and its different types
- History and evolution of AI
- AI in daily life and California schools
- Ethics and privacy when using AI

Week 2 | March 11 – AI in the California Education System

- How AI supports teaching and learning
- Ethical use of AI in schools
- Benefits, challenges, and risks

Week 3 | March 18 – Adolescent Brain Development & Behavior

- Physical, emotional, and cognitive changes
- Impact on behavior and decision-making
- Mental health challenges (anxiety, depression)
- Technology and social media effects

Week 4 | March 25 – Fentanyl and Other Substances: Risks and Prevention

- What fentanyl is and associated risks
- Warning signs and risk factors
- Family prevention strategies
- Support resources and intervention tools

Week 5 | April 8 – College Preparation: Academic & Personal Success

- College readiness and transition
- Key skills: time management, autonomy, decision-making
- Emotional and social challenges of college
- Academic and career support resources
- 🎓 7:10 p.m. – School Presentation & Graduation