



Parent Mental Health Night

Why?

- ☆ Often, high school students share about difficulties to bridge barriers between their generation and their parents'. Further, opportunities for parents to become more educated on student mental health are not always common. Especially for students with mental health issues, it can make an immense difference for their family systems to have a better understanding of general mental health topics.

Associated Presentations: Advocating for Change, Stigma 101, Family & Mental Health, any other presentations students hope to share with adults

How-To

- ☆
 - Look through the high school portal with your club & identify a presentation or presentations that you would like to share with parents and guardians of your high school.
 - Discuss, brainstorm, & plan when you would like to hold this parent session.
 - Set up a meeting with necessary administration (school-specific), alongside your advisor and other club members--if available--to expand on your idea and get approval.
 - If administrative-backing is not possible at the time, brainstorm ways to create an off-campus event.

There is a lot of flexibility with this activity! Change as you see fit!

Timeline & Materials

- ☆ This activity is a bit more long-term. It's okay if your plans and approval(s) take time.
 - Fliers & Emails marketing the conversation night to students and parents (in possible collaboration with administration)
 - Classroom or Space to hold the parent night
 - Established agenda, speakers, and number count of attendees
 - Presentation(s) prepared

Tip: Some schools may utilize presentations as the guide for their night, while others may integrate anecdotal stories shared by students, and others may create their own agenda altogether! Embrace creativity in this activity.

