



Carson City School District
1402 W King Street, Carson City, NV 89703
(775) 283-2000 Fax (775) 283-2090
www.CarsonCitySchools.com

Family Life Advisory Committee
Monday, April 4, 2022
6:30 PM

AGENDA

Location of Meeting:
Carson City School District Board Room
1402 West King Street
Carson City, NV 89703

Participants may also join via zoom using the following link:

<https://carsoncityschools.zoom.us/j/89796589660?pwd=TEJ2eWZSRHhKTXlWZWtSb3F1SVV3UT09>

1. Adoption of the agenda, as submitted – **for possible action (public comment will be taken prior to any action).**
2. Approval of the FLAC minutes from March 7, 2022 meeting. – **for possible action.**
3. Update on rules and procedures. – **for discussion only**
4. Presentation of SWORN curriculum by Dr. Jennifer Ward. – **for discussion only**
5. Public Comment – Comments will be accepted in person, or virtual participate on via Zoom using the link provided above. Comments may be made by members of the public on items pertaining to the Family Life Advisory Committee. Note, Public Comment will be taken on items marked “for possible action” before action is taken on such items, and members of the public are encouraged to comment on such items at the time they are being considered. Speakers are instructed to limit their comments to no more than two (2) minutes regardless of whether the comments are made in person or through virtual participation.

Next Meeting Date: May 2, 2022 @ 6:30 PM

Action may be taken on any agenda item unless noted “for discussion only.”

The agenda of this meeting has been posted at the following locations: (1) School Administration Office, 1402 W. King Street; (2) District Website: www.carsoncityschools.com; (3) State of Nevada website: <https://notice.nv.gov> .

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SWORN



To do right!



SWORN

Providing students with positive decision-making techniques to prevent negative consequences associated with risky behavior.

PAUSE • THINK • ACT



For right!



CORE VALUES

PAUSE – A temporary stop in action or speech

THINK – Opinion, belief, or idea about something

ACT – Process of doing something



Do right!

Lesson Content

6 – 45 minute lessons

- Peer Pressure
- Alcohol
- Tobacco and Vaping
- Marijuana
- Prescription Drug
- Social Media



NEVADA HEALTH STANDARDS

SOME EXAMPLES:

- 1.PCE.5.1 Examine the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health.
- 1.SUA.5.1 Compare how over-the-counter and prescription medication use and abuse can affect family and friends
- 1.SUA.5.2 Investigate how alcohol, tobacco, marijuana, and other drugs can affect the health of an individual, family, and friends.



EXPECTATIONS

- Sharing: “I know someone who..., I have a friend who...”
- No off topic questions
- No frills and no lies



ATTENTION SIGNAL

- When I say “SWORN”
- You say “**In**”

IN



LESSON OBJECTIVE

- I can name one positive and one negative thing about social media.
- I will know the negative impacts of cyberbullying.
- I **SWEAR** to **PAUSE** and think about what I am posting. Remember once it's out there, it's out there.



SOCIAL MEDIA

What do we
know
about social
media?

?





KEY VOCABULARY



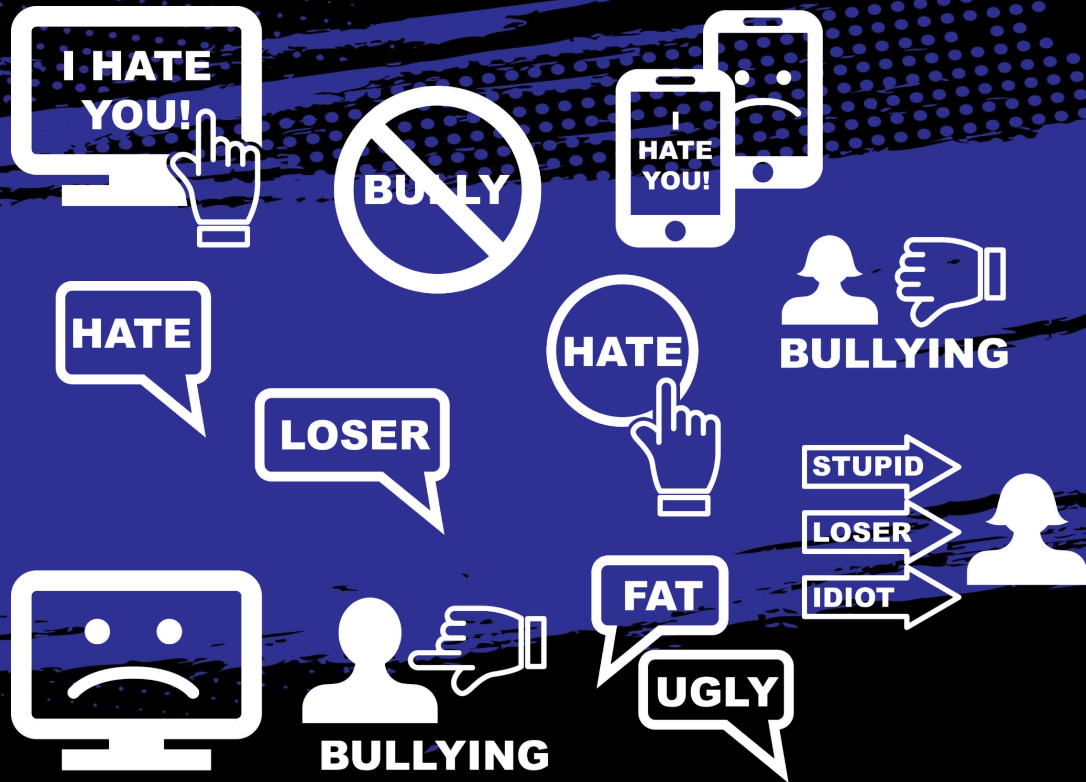
- **SOCIAL MEDIA:** : forms of electronic communication (such as websites for social networking) through which users create online communities to share information, ideas, personal messages, and other content (such as videos).



10 THINGS TO THINK ABOUT BEFORE POSTING



TURN AND TALK



Give some examples of unintended consequences of posting





TURN & WRITE

What are some things to think about before posting?

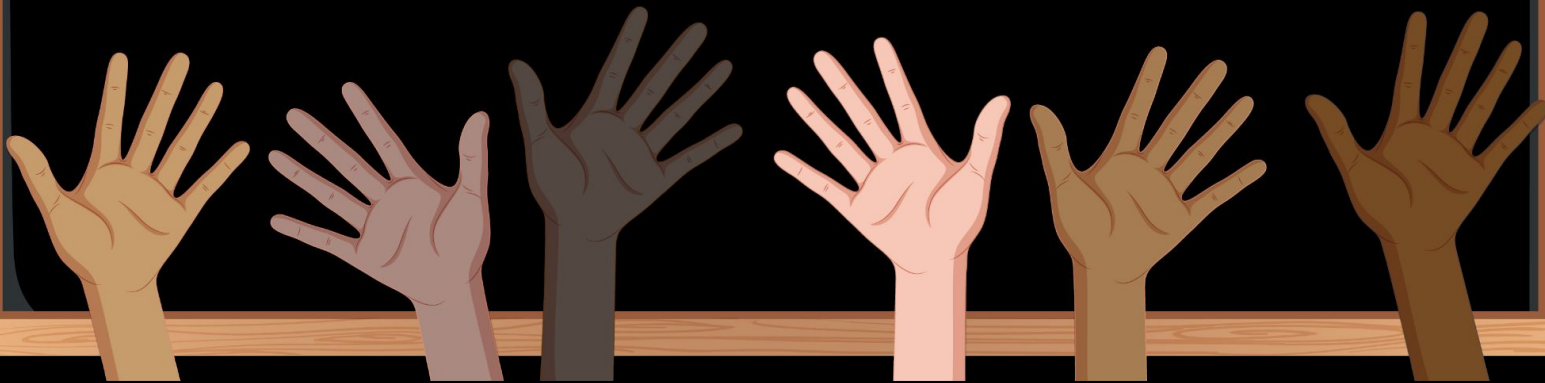




PAUSE • THINK • ACT



Questions?





SWORN MISSION

Providing students with positive decision-making techniques to prevent negative consequences associated with risky behavior.

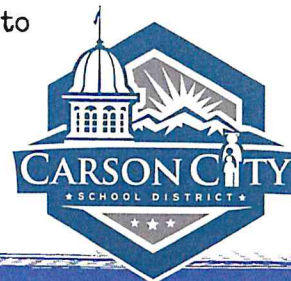
PAUSE • THINK • ACT

Lesson Content:

- | | | |
|------------------|-----------------------|-----------------|
| 1. Peer Pressure | 3. Prescription Drug | 5. Marijuana |
| 2. Alcohol | 4. Tobacco and Vaping | 6. Social Media |

Nevada Health Standards covered in one or more lesson:

- 1.PCE.5.1 Examine the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental health.
- 1.PCE.5.3 Investigate the importance of accepting the similarities and differences of self and others as it relates to personal, community, and environmental health (without discrimination or segregation on the ground of race, color, religion, national origin, disability, sexual orientation, sex, gender identity or expression, per NRS 651.070).
- 1.ME.5.1 Compare the causes, symptoms, and effects among stress, anxiety, sadness, and depression. (Per NRS 389.520)
- 1.PS.5.6 Explain the advantages and disadvantages of communicating using technology and social media.
- 1.SIC.5.1 Assess the level of danger at home, school, and in the community.
- 1.SUA.5.1 Compare how over-the-counter and prescription medication use and abuse can affect family and friends.
- 1.SUA.5.2 Investigate how alcohol, tobacco, marijuana, and other drugs can affect the health of an individual, family, and friends.
- 1.PS.5.1 Explain the importance of not violating a person's safe personal space.
- 1.PS.5.2 Examine patterns of abusive behavior and ways to get help.
- 1.PS.5.3 Explain the reporting process and include where, when, and to whom to report unsafe situations.
- 1.PS.5.6 Explain the advantages and disadvantages of communicating using technology and social media.
- 1.HRS.5.6 Describe the characteristics of healthy relationships.
- 2.AF.5.1 Describe how other factors such as school, community, and extracurricular activities influence health behaviors.
- 4.IC.5.1 Demonstrate effective verbal and non-verbal communication skills to enhance health and to avoid or reduce health risks.
- 4.IC.5.2 Practice refusal skills to avoid or reduce health risks.
- 5.DM.5.1 Choose a healthy option when making a decision.
- 5.DM.5.2 Describe the outcomes of a health-related decision.
- 6.GS.5.2 Describe how resources can assist in achieving a health goal.





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Family Life Advisory Committee
Monday, March 7, 2022
6:30 PM

Minutes

Location of Meeting:

Carson High School
1111 North Saliman Road
Carson City, NV 89701
Room 148

Participants may also join via zoom using the following link:

<https://carsoncityschools.zoom.us/j/89796589660?pwd=TEJ2eWZZRHhKTXIWZWtSb3F1SVV3UT09>

Meeting at 6:40

Present: Linda Lawlor (parent)
Dan Thornton (parent)
Stella Thornton (student)
Stephanie Cook (parent)
Sheila Story (chair)
Fawn Lewis (counselor)
Kyndra Jones (parent)
Vanessa White (religious representative)
Cheryl Macy (district support)

1. Adoption of the agenda, as submitted – **for possible action (public comment will be taken prior to any action)**. Mr. Thornton motioned to approve the agenda. Mrs. Lawlor seconded. The motion passed unanimously.
2. Approval of the FLAC minutes from February 7, 2022 – **for possible action**. It was noted that under item number 1, *minutes* should be changed to *agenda*. Mrs. Lawlor motioned to approve the minutes with the indicated correction. Ms. Lewis seconded. The motion passed unanimously.

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3. Review of the suggested changes for the Family Life Advisory Rules and Procedures for possible adoption. – **for possible action**. The committee reviewed the changes. No public comment was submitted. Mrs. Lawlor motioned to approve the draft changes to the FLAC Rules of Procedures to be sent to the school board for approval. Mrs. White seconded. The motion passed unanimously.
4. Discussion on the process for sharing committee reviewed materials with the CCSD Board of Trustees for approval. – **for discussion only**. The committee discussed Mr. Stokes’s suggestion to submit the items to the school board twice a year under the consent agenda and that the school board can move the item to a regular agenda item if needed. The committee added this verbiage to the Family Life Advisory Rules of Procedure. Mrs. Lawlor motioned to approve the draft of the Rules and Procedure with the revised changes under section 1.2 Curriculum Materials. Mr. Thornton seconded. The motioned passed unanimously.
1. Review of materials submitted by Ms. Jones as possible non-family life material to make available to teachers on the topic of RAIN, a social-emotional self-regulating strategy. – **for discussion only**. Ms. Lewis suggested Mrs. Jones offer the content to the Mrs. Cleveland, who is coordinating the district’s SEL curriculum development. Mrs. Story will connect Mrs. Jones with Mrs. Cleveland.
2. Public Comment: No public comment was offered.
3. Discussion item: Mrs. Jones asked if we can share resources with other counties. The group agreed we can. This brought up a discussion around an increase in juvenile sexual offenses and the need for instruction on boundaries. Mrs. Lawlor, Mrs. Jones, and Ms. Lewis have resources on this topic. This will be addressed at our May meeting.
4. Mr. Thornton motioned to adjourned. Ms. Lewis seconded. The motion passed unanimously. Meeting adjourned at 8:16 p.m.

Next Meeting Date: April 4, 2022 @ 6:30 PM

NOTE: The committee meeting location will likely change for the next meeting to a district room that can better support the high-flex meeting arrangement.

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DRAFT

The agenda of this meeting has been posted at the following locations: (1) School Administration Office, 1402 W. King Street; (2) District Website: www.carsoncityschools.com; (3) State of Nevada website: <https://notice.nv.gov> .

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