

REMINDERS/RESOURCES

REMINDERS:

1. Please note that prior written approval of the school administration is required for all courses taken outside of the Las Virgenes Unified School District, on page 20.
2. Please be aware of the following student options:
 - "Military Access to Release of Directory Information/Opt-Out Form" on page 27.
 - "Permission to Record STAR Results on the High School Transcript Form" on page 28.
 - "Chemical Notification Letter" on page 31.
 - "Grades 9 and 11 California Healthy Kids Survey Withdrawal Form" on page 29.

CALIFORNIA HEALTHY KIDS SURVEY (CHKS):

During the month of October, all grade 5, 7, 9, and 11 students will be asked to participate in the CHKS. The survey is voluntary and anonymous. This important survey is sponsored by the California Department of Education, and is designed to promote better health among our youth and combat problems such as drug abuse and violence. The data from this survey will be used to ensure that all students will be educated in a learning environment that is safe, drug-free, and conducive to learning. Students in grade 5 and grade 7 are required to have written parent consent in order to participate in the survey. Students in grade 9 and grade 11 will participate in the survey unless the **Withdrawal Form** on page 29 is returned to your child's English teacher prior to October 1.

GENERAL INTERNET SAFETY TIPS:

1. Place the computer in a central location in the home, not in the child's room.
2. Learn who your children are chatting with online (take the "don't talk to strangers" message into the digital world).
3. Define your personal standard regarding your child's privacy.
4. Become familiar with chatting and search tools used by your children.

Keeping the computer in a central location may alert you to suspicious online activity. Be alert to sudden screen switching when you walk by. Periodically show interest in what your child is doing online.

Most parents grew up with "don't talk to strangers" message ingrained in their psyche. That message also applies to the digital world.

How do you feel about tracking your child's online activity? Eavesdropping on your child's online activity could be very harmful to a parent-child relationship that is based on trust. This is an issue that you must resolve for yourself - possibly in an open forum with your child. Some parents feel justified looking into their child's online activity after setting up a background image that states "We may periodically examine or track your online activity as it relates to your safety. If you feel uncomfortable or threatened by any online activity, please turn off the monitor and come talk with us immediately."

Basic awareness of the tools your child uses online may help alert you to potential dangers. For example, knowing the type of content that may be found at www.myspace.com might cause you to rethink your child's access to that site.

COMMUNITY RESOURCE LIST:

<u>Resource</u>	<u>Organization</u>	<u>Telephone</u>
Alcohol/Drug Abuse	Alateen/Alanon (Los Angeles County)	818-760-7122
Alcohol/Drug Abuse	Alateen/Alanon (Ventura County)	805-495-0270
Child Abuse	Child Protective Services (Los Angeles County)	800-540-4000
Child Abuse	Child Protective Services (Ventura County)	805-654-3200
Eating Disorders	Information and Referral Line	800-931-2237
HIV & STD Testing	Conejo Free Clinic	805-497-3575
Pregnancy	Conejo Women's Resource Center	805-373-1222
Rape & Sexual Abuse	Coalition to End Domestic and Sexual Violence	805-656-1111
Suicide Prevention	Ventura County Crisis Team	805-371-8375
Teens Who Cut	Hotline For Teens Who Cut Their Bodies	800-DON'T-CUT 800-366-8288
Social Services General Info	Social Services Ventura County	800-339-9597
Social Services General Info	Social Services Los Angeles County	211
Teen and Parent Support Group	Action	800-FOR-TEENS