

## SEEKING MORE IMPACTFUL INVOLVEMENT IN YOUR COMMUNITY?

### VITAL SIGNS Community Conversations

We have completely flipped the dynamic for parents and caregivers interested in learning from VITAL SIGNS.

Once only available for individual administration online, our new VITAL SIGNS Community Conversations program enables coalitions, parent-facing organizations—and you, our Beauty for Good Ambassadors—with the tools to facilitate a live, group engagement in any of our 8 VITAL SIGNS sessions.

- › Session 1: The World Has Changed (family foundation)
- › Session 2: Low Self-Esteem
- › Session 3: Bullying
- › Session 4: Sexual Behavior
- › Session 5: Alcohol
- › Session 6: Vaping & Marijuana
- › Session 7: Drugs
- › Session 8: Mental Health & Suicide

A VITAL SIGNS Community Conversation is NOT a presentation to parents. It is a *shared learning* discussion led by parents, for parents, in support of parents. It's about coming together to get informed and share questions, concerns, personal experiences and the different bits of wisdom we have all earned along the way.

We specifically designed the program to ensure that anyone—regardless of their education and experience—can facilitate a VITAL SIGNS conversation in their community.

That being said, you happen to be uniquely qualified for the job!

- › You share our mission.
- › You are engaged in your community.
- › You are social-minded.
- › You are a skilled communicator.

A big part of your role as a facilitator is sharing a bit of yourself with the parents in the room. It is figuring out the role you play. Will they relate to you

as a parent, caregiver or favorite aunt? Can you spin a good tale? Are you a bit of a comedian? Are you willing to be honest and vulnerable?

Sometimes just posing a question about the VITAL SIGNS video you just viewed together will draw parent participation; at other times you might need to work for it. A relatable personal anecdote or a bit of humor can often work that magic.

And sometimes it's just reminding parents that there is no such thing as a perfect parent. We are all just constantly learning. The child you parent today will not be the same child you parent tomorrow—and you won't be the same parent either.

At Victoria's Voice, we truly believe that learning with and from each other along the way will make these transitions easier for every parent.

## **NEXT STEPS**

As a VITAL SIGNS facilitator, we will empower you with the tools and resources to start lifesaving conversations with families in your state:

- › Promotional flyer template for event marketing and registration
- › Facilitator session guides with detailed step-by-step guidance from event preparation to set up and delivery
- › Discussion aids and handouts to support and encourage parent participation
- › Parent incentives to improve attendance

Ready to get started?

Or do you want some practice or additional guidance? We are here to help in advance!

Contact [Rachael@victoriasvoicefoundation.com](mailto:Rachael@victoriasvoicefoundation.com).