



# Parent Ambassador Leaders (PALs)

## PALs Program Overview

Parents or guardians of a student at TK-12 Los Angeles County Schools are invited to apply for the Parent Ambassador Leaders (PALs) Program!

PALs will. . .

- **LEARN** about student health and school success. Topics include:
  - Importance of routine childhood immunizations and vaccines required for school
  - Mental health
  - Substance use, abuse, and prevention
  - Importance of school attendance
- **SHARE** what they've learned by spreading information through resources, presenting, and conducting outreach within their school community.
  - Invite other parents to training opportunities
  - Host or participate in a health fair at their child's school
  - Present at a school meeting for parents or coordinate a guest speaker
  - Develop a program at their child's school related to one of the PALs program's topics
  - Share health information on school communication app or social media
- **GET PAID** for the work they do at schools with a **\$550** gift card!
  - PALs must complete all program requirements within the school semester, including training, outreach, and sharing

## Program Requirements

- School support and approval from the school administrator
  - Parent must gain support by obtaining a school administrator's endorsement of outreach activities that will be conducted at the site. Parents must provide the school administrator's name and email address on their PALs application.
- **20**-hour time commitment including online training and school outreach
- Promote the Public Health Ambassadors monthly trainings as a part of the outreach efforts and help at least 5 parents register for an upcoming training.
- **SHARE** information or resources at a parent/school meeting or event at least **2** times
- Develop a new **program** at school to support one of the 4 priority topics for PALs

## How do interested PALs apply?

- Complete the online application located [here](#)
- For additional information or assistance regarding the PALs program, please contact: [TK12Ambassador@ph.lacounty.gov](mailto:TK12Ambassador@ph.lacounty.gov)



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REQUIRED TRAININGS (Approximately 6 hours)	
TRAINING	SUMMARY OF TRAINING CONTENT
1. Virtual Parent Ambassador Leaders (PALs) Orientation (1 hour)	PALs program overview, including instructions for tracking and reporting outreach hours
2. Trainings on PALs Health Topics (e.g., childhood immunizations, substance use prevention, mental health, and student attendance) (3 hours total)	Online trainings and at-home learning on health topics and how to conduct school outreach
3. Public Health Ambassador Training (1 hour)	<p><b>Parents can choose to attend any combination of events for a total of 2 hours.</b> (i.e., attend 2 Parent Health Ambassador Trainings, attend 1 community conversations &amp; 1 Parent Health Ambassador Training)</p> <p>Live virtual presentation. Topics are different every month. <a href="#">Registration required.</a></p>
4. Community Conversations with a Doctor (1 hour)	
<p><b>OUTREACH ACTIVITIES (Approximately 14 hours)</b></p>	
REQUIRED	SUGGESTED EXAMPLES
1. Share information and/or resources at 2 school or parent meetings or events	<ul style="list-style-type: none"> <li>Coffee with the principal</li> <li>PTSA/PTA meetings</li> <li>ELAC/SSC Meetings</li> <li>School Fair</li> </ul>
2. Promote the Public Health Ambassadors Trainings and help 5 parents register for an upcoming training.	<p><a href="#">Public Health Ambassador Programs Home Page</a> The PALs team will provide you with promotional materials during orientation to support this outreach activity</p>
3. Develop a new program or build on an existing program addressing one of the priority areas: <ul style="list-style-type: none"> <li>Vaccinations and Routine Childhood Immunizations</li> <li>Mental Health</li> <li>Substance Use, Abuse and Prevention</li> <li>Importance of School Attendance</li> </ul>	<ul style="list-style-type: none"> <li>Host immunization clinic</li> <li>Work with school leadership to create a mental health campaign</li> <li>Create a speaker series</li> <li>Coordinate workshops for parents and/or students</li> <li>Plan a school event to engage students and families</li> </ul>
REQUIRED	SUGGESTED EXAMPLES
4. Create a caption that talks about health. Share a Department of Public Health resource on school social media account or on a school communication app (e.g., Parent Square).	<p>“Teenage years can be hard. Check out the tips and resources from Public Health to help you talk to your child about mental health: <a href="#">Teen Mental Health Toolkit</a> for Parents/Guardians of Teens” via Instagram/Facebook</p>
<p><b><i>Participants are encouraged to incorporate other activities and ideas not included here that will be helpful to their school communities!</i></b></p>	