

Guiding Good Choices

An On-Line Workshop for Parents of Children Ages 9-14

PREPARING FOR ENGAGING IN THIS WORKSHOP VIA THE ZOOM MEETING PLATFORM

We welcome you to the Guiding Good Choices Parent Workshop Series On-Line!

Your investment of time and energy in this workshop shows how much you care for your children, thank you!

Doing this workshop in a virtual setting, rather than in-person, may be a new experience and a little awkward at first. In order to be able to get the most out of the session, we highly recommend you ensure you have the technology you need to join the workshop, and learn a little bit about some basic Zoom meeting functions.

General technology needs

1. **Appropriate technology** to participate in Zoom meetings. Please be sure you have one of the following: computer/laptop (preferred); tablet.
2. **Video and audio capabilities.** Check to be sure your device has video and audio capabilities and be sure you know how to use them.
3. **A quiet space where you can join the meeting.**

If you are not yet familiar with Zoom, it may be helpful to learn about some features in advance (listed below). These will be reviewed with you in your first session; however some background understanding will be helpful!

Please go to the Zoom website to review some basic information about being an attendee in a Zoom meeting. <https://support.zoom.us/hc/en-us/articles/200941109>

1. **Gallery view/Speaker View:** learn how to switch between these views
2. **Change 'screen' name:** learn how to change the name that shows up on their video screen
3. **Mute:** learn how to mute and unmute their microphones
4. **Video:** learn how to play video to show yourself on screen, and stop video when desired
5. **Chat:** learn post comments, questions and responses in the chat box
6. **White board and Annotate:** learn how to find and use the white board and the annotate function