

GLS/C/1168-26

CIRCULAR

13 January 2026

IMPORTANT: DHA-KHDA PARENTAL AWARENESS SESSION ON STUDENT SAFETY

Dear Parents,

In line with the efforts of the **Dubai Health Authority (DHA)** to promote public health and ensure student safety, and in collaboration with the **Knowledge and Human Development Authority (KHDA)**, parents are invited to attend a **virtual parental awareness session on risky behaviours** that may impact children's health and wellbeing.

With the increasing influence of social media, some students may imitate dangerous practices, particularly those related to choking challenges and breath-restriction behaviours. These behaviours pose serious health risks and may lead to severe complications. The session aims to equip parents with the necessary awareness and practical tools to safeguard their children.

Key topics of the session include:


- Understanding the health risks associated with choking challenges and breath-restriction behaviours
- Identifying warning signs in children
- Practical steps parents can take to protect their children

Session Details:

- **Platform:** Microsoft Teams
- **Duration:** 30 minutes

Schedule and Joining Links:

English Session

 Thursday, 15 January 2026

 5:00 PM – 5:30 PM

 [Click here to join the session](#)

Arabic Session

 Thursday, 22 January 2026

 5:00 PM – 5:30 PM

 [Click here to join the session](#)

We strongly encourage all parents to attend this important session, as it will enhance awareness of potential risks and support you in taking preventive measures to ensure your child's safety.

For further information or queries, please contact the Public Health Protection Department – School Health Section at schhealth@dha.gov.ae.

Thank you for your continued cooperation and support.

Warm regards,



Asha Alexander أشا ألكسندر

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