



SAFETY CONNECTION 6.1: PARENT INFORMATION SHEET

DEAR PARENT OR GUARDIAN,

Your 6th grade student participated in the *MBF Teen Safety Matters*® program today. This program teaches children about emotional, physical, and digital safety. It is based on the latest research. It has been reviewed and endorsed by national experts.

We would like to share with you what your child learned and suggest how you can continue these safety lessons at home. Just like other subjects, the more you practice with your child, the more likely they will be able to use what they have learned. For additional information and resources, visit our website at www.mbfpreventioneducation.org and/or download our free "Child Safety Matters" app from the App Store or Google Play.

YOUR CHILD LEARNED ABOUT...	HOW YOU CAN REINFORCE YOUR CHILD'S LEARNING
<p>...typical changes that occur during middle school years.</p> <p>...the 5 Safety Rules designed to keep teens safe.</p> <p>...the dangers of peer pressure.</p> <p>...positive and negative coping skills.</p> <p>...social-emotional learning as it relates to relationship and social awareness skills.</p>	<ul style="list-style-type: none"> » Spend regular, uninterrupted time with your child. Talk about their school and personal life, their relationships (friends and romantic), and their activities. Talking with your child about typical activities will help them know you are available and interested. It will also encourage them to talk to you about important things like bullying and abuse. » Ask your child what they learned during the classroom lesson. Make sure they understand the material and clarify if needed. » Review the 5 Safety Rules to make sure they understand how to use them. Ask your child what each rule is and how it can help them stay safe. » Use everyday opportunities to ask your child how they might use the Safety Rules if faced with an unsafe situation. » Talk to your child about social awareness. Social awareness teaches children about the world around them and how they fit into it. It encourages empathy, acceptance, and learning. Seek out opportunities for your child to become more socially aware and involved in helping others. » Talk to your child about ways to cope with pressures and stress. You should be aware of the signs of stress. You should intervene when your child is stressed to make sure they are coping in healthy ways. » Check out the resources, and do the activity on the back of this sheet with your child to help them develop positive and healthy coping skills.

MBF TEEN SAFETY MATTERS SAFETY RULES



KNOW WHAT'S UP



SPOT RED FLAGS



MAKE A MOVE



TALK IT UP



NO BLAME | NO SHAME

