



SAFETY CONNECTION 7.1: PARENT INFORMATION SHEET

DEAR PARENT OR GUARDIAN,

Your 7th 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>...social-emotional learning as it relates to making safe, smart decisions.</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 activities to ask your child how they might use the Safety Rules if the activity were unsafe. » Ask your child what they learned about how to make safe and smart decisions. Encourage them to talk to you if they need help with decisions. » Check out the resources, and do the activity on the back of this sheet with your child to help them discover and set goals that will help them make safe and smart decisions.

MBF TEEN SAFETY MATTERS SAFETY RULES



KNOW WHAT'S UP



SPOT RED FLAGS



MAKE A MOVE



TALK IT UP



NO BLAME | NO SHAME



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RESOURCES TO LEARN MORE:

- » www.kidshealth.org/en/teens/peer-pressure.html
- » www.destinysodyssey.com/the-odyssey
- » www.theteencompass.org/explore/smart-goals-defined/
- » www.destinysodyssey.com/the-odyssey/vision-statement/
- » www.kidzworld.com/article/15917-how-to-make-a-vision-board
- » www.wikihow.com/Make-a-Vision-Board

ACTIVITY:

Help your child discover and set goals about things that are important to you both. This will help them have focus when making decisions. Once they have determined their goals, help them create a personal vision statement or vision board. The websites above can help. Having this will be a visual reminder to them to focus on their goals when making decisions and dealing with peer pressure.

FOCUS AREA	GOALS
School/Academic Achievement	
Health/Physical Activity/Sports	
Family	
Friendships/ Relationships	
Mental Health/ Character/Spirituality	
Money/Savings	
Future	
Other	