



SAFETY CONNECTION 8.1: PARENT INFORMATION SHEET

DEAR PARENT OR GUARDIAN,

Your 8th 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 self-awareness and self-management.</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. » Ask your child what they learned about how to make safe and smart decisions. » Check out the resources, and do the activity on the back of this sheet with your child to help them improve their self-management skills.

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.destinysodyssey.com/the-odyssey
- » www.kidshealth.org/en/teens/
- » www.mbfpreventioneducation.org

ACTIVITY:

To help your child learn more about self-awareness and self-management, have them take the following quiz. Then discuss with them how each of these things can impact their decisions and their safety.

SELF-MANAGEMENT QUIZ (CIRCLE OR HIGHLIGHT STATEMENTS THAT ARE TRUE FOR YOU)

1. I deal with stress using positive coping skills.
2. I am motivated to do my best and always work my hardest.
3. I know what is important to me and what I value.
4. I make decisions that are in line with my values.
5. I know what traits are important to me in a friendship, and I choose friends with those traits.
6. I am good at managing my emotions.
7. I do not make impulsive decisions when I am upset about something.
8. I know what my goals are in life and what I want to achieve.
9. I make decisions and choices that are in line with my goals.
10. I am the same person in public as I am in private.
11. I always act in a way that others admire.
12. I know what my strengths and weaknesses are.
13. I always strive to be my best self.
14. I work consistently toward improving my weaknesses.
15. I have a good balance in my life between academics, extracurriculars, friends, family, etc.

This quiz can be a good indicator of your self-management skills. The more you answered True, the better your self-management skills. Visit the resources/sites listed at the top of this page to learn more.