



6TH GRADE - LESSON 1

PARENT INFORMATION SHEET

DEAR PARENT OR GUARDIAN,

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

We would like to share with you what your teen learned and suggest how you can continue these safety lessons at home. Just like other subjects, the more you practice with them, 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 TEEN LEARNED ABOUT...	HOW YOU CAN REINFORCE THEIR LEARNING
...cyberbullying.	<ul style="list-style-type: none"> » Spend regular, uninterrupted time with your teen. Talk about their school and personal life, their relationships (friends and romantic), and their activities. Talking with them 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 cyberbullying. » Ask your teen 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 them what each rule is and how it can help them stay safe. » Use everyday opportunities while using technology (for example, cell phones) to ask them how they might use the Safety Rules if they were faced with an unsafe situation. Talk about activities that occur both online and offline. » Ask your teen what they learned about digital safety. Work with them to monitor their online activities and teach them how to stay safe online. » Check out the resources below, and complete the digital safety contract on the back of this sheet with them to help them stay safe online.
...online exploitation.	
...digital safety & digital citizenship.	
...the 5 Safety Rules designed to keep teens safe.	

RESOURCES TO LEARN MORE

- » www.IROC2.org
- » www.nsteens.org
- » www.kidshealth.org/en/teens/internet-safety.html
- » www.mbfpreventioneducation.org

MBF TEEN SAFETY MATTERS SAFETY RULES



Know What's Up



Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame

