



# 7<sup>TH</sup> GRADE - LESSON 2

## 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](http://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
<p>...physical safety and unsafe situations like bullying.</p> <p>...different types of abuse.</p> <p>...the danger of human trafficking.</p> <p>...the 5 Safety Rules designed to keep teens safe.</p>	<ul style="list-style-type: none"> <li>» Ask your teen what they learned during the classroom lesson. Make sure they understand the material and clarify if needed.</li> <li>» To help you better understand the dangers discussed in the lesson, you can learn more about bullying, abuse, and other physical safety topics by visiting our website at <a href="http://www.mbfpreventioneducation.org">www.mbfpreventioneducation.org</a>.</li> <li>» 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 bullying and abuse.</li> <li>» 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.</li> <li>» Use everyday opportunities to ask your teen how they might use the Safety Rules if faced with an unsafe situation.</li> <li>» Check out the resources, and do the activity on the back of this sheet with your teen to help you both learn more.</li> </ul>

## 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.pacer.org/bullying/resources/parents/](http://www.pacer.org/bullying/resources/parents/)
- » [www.kidshealth.org/en/parents/child-abuse.html](http://www.kidshealth.org/en/parents/child-abuse.html)
- » [www.polarisproject.org/human-trafficking](http://www.polarisproject.org/human-trafficking)
- » [www.loveisrespect.org](http://www.loveisrespect.org)
- » [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org)

### ACTIVITY:

In this lesson, your teen learned about bullying. Ask them to tell you what they learned about bullying, kindness, and empathy in today's lesson. Then help them think about actions they can take to change the culture of bullying at their school. For example, they could do random acts of kindness or start a kindness or anti-bullying club. Help them create a plan to do one or multiple things to be a leader in this area.

<b>WAYS TO CHANGE THE CULTURE OF BULLYING AT SCHOOL:</b>	<b>PLAN/ACTION STEPS:</b>