

DEAR PARENT OR GUARDIAN,

Your student has previously participated in the *MBF Teen Safety Matters*® program and today completed a supplemental lesson. The program teaches teens how to help adults keep them safe from abuse, bullying, cyberbullying, digital dangers and more. Today's supplemental lesson was about mental and emotional health and wellness. It is based on the latest research and has been reviewed and endorsed by national experts.

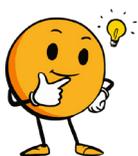
We would like to share with you what your teen learned and suggest how you can continue these conversations at home. Just like other subjects, the more you practice with them, the more likely they will be able to use what they have learned. For additional information and resources, visit our website 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:
...mental health and wellness.	» Spend regular, uninterrupted time with your teen. Talk about their school and personal life, their relationships (friends and romantic), and their activities. Ask them how they are feeling and encourage them to talk with you about their stress, frustrations, and their accomplishments.
...coping skills.	» Ask your teen what they learned during the lesson about different types of coping skills. Make sure they understand the material and clarify if needed. Ask them to share with you what healthy and positive coping skills they think will benefit them when faced with stress and challenges.
...signs of mental illness.	» Ask your teen what they learned about mental illness and how common it is. Help them learn more if needed. Ensure they understand how to recognize the signs and how to seek help for themselves and their friends, if needed.
...seeking help.	» Ask your teen what they learned about seeking help and let them know you are there for them. Talk with your teen about texting you a certain phrase or emoji if they are in an unsafe situation and need you to come get them. Be responsive when the time comes and don't punish them. Let them know that everyone needs help and support from time to time.
...the 5 Safety Rules designed to keep teens safe.	» Use everyday opportunities to ask your teen how they might use the 5 Safety Rules if they are faced with unsafe or unhealthy situations. Talk about how they should access help when needed. Check out the resources below for more information on mental health and wellness.

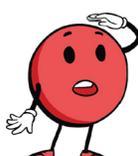
RESOURCES TO LEARN MORE

- » www.OK2Talk.org
- » <https://findtreatment.samhsa.gov>
- » www.suicidepreventionlifeline.org
- » www.mbfpreventioneducation.org

MBF TEEN SAFETY MATTERS 5 SAFETY RULES



Know What's Up



Spot Red Flags



Make A Move



Talk It Up



No Blame | No Shame



GRADES 6-8 | MENTAL HEALTH & SUBSTANCE ABUSE

LESSON 1: PARENT INFORMATION SHEET

ACTIVITY: COPING SKILLS

Ask your teen to tell you what they learned during today's lesson about coping skills. It's important to know that we can all develop healthy coping skills, which are positive ways to deal with stress and problems, that will help build resilience and improve our mental and emotional health. Talk with your teen about things that they enjoy doing that help them feel less stress and more in control. Share your own experiences so they understand that everyone feels overwhelmed from time to time and that it's okay to seek help. Below, have your teen list some positive coping skills they might find helpful and encourage them to use these in times of stress. Also help them list some negative coping skills and help them identify ways to minimize these behaviors. See the example below to get started.

<i>POSITIVE COPING SKILLS</i>	<i>NEGATIVE COPING SKILLS</i>
Drawing or listening to music	Avoiding the situation and hoping it will go away