

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 the 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.
...unhealthy coping skills.	» Ask your teen what they learned during the classroom lesson. Ask them to share with you examples of unhealthy coping skills and why they are unhealthy.
...substance use and abuse.	» Ask your teen what they learned about different substances and why they are unhealthy and unsafe. Use everyday opportunities to continue to talk to them about using substances that are not healthy for developing teens. Ask your teen what they learned about addiction and about the signs of substance use. Encourage them to help themselves and/or their friends if they ever see the signs. Ensure they know they can talk to you about what they and/or their friends are experiencing with peers. Talk about how they should access help when needed.
...refusal skills.	» Teens typically engage in using substances due to peer pressure. Today, they learned and practiced saying "No" and how to back up their "No" statements with "why" statements. Ask them to share with you their "No" and their "why" statements for practice.
...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. Ask your teen about the hotlines and helplines they've learned about. Encourage them to use those resources if they are ever needed, for themselves or a friend. Let them know that everyone needs help and support from time to time.
...the 5 Safety Rules designed to keep teens safe.	» Ask your teen to share the 5 Safety Rules with them and how the rules can help keep them safe and healthy. Check out the resources below for more information on mental health and wellness, as well as substance use prevention.

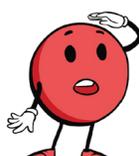
RESOURCES TO LEARN MORE

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

MBF TEEN SAFETY MATTERS 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 2: PARENT INFORMATION SHEET

ACTIVITY: RED FLAGS

Ask your teen to tell you what they learned in today's lesson. Discuss and have them list some of the Red Flags they learned for each of the topics below. Then help your teen think about actions they can take to help themselves or others if they ever notice these Red Flags. Discuss how the 5 Safety Rules may be applied in each situation. See the example below to get started.

RED FLAGS/WARNING SIGNS	PLAN/ACTION STEPS
<p>Alcohol or Drug Use/Abuse Someone offers you a beer at a party.</p>	<p>I will use Safety Rule #4 to Talk It Up and say, "No" and back it up with a "Why" statement.</p>
<p>Tobacco or Nicotine Use (Smoking or Vaping)</p>	
<p>Mental Illness or Disorder</p>	