

**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](http://www.mbfpreventioneducation.org) and/or download our free "Child Safety Matters" app from the App Store or Google Play.

<b>YOUR TEEN LEARNED ABOUT...</b>	<b>HOW YOU CAN REINFORCE THEIR LEARNING:</b>
...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.
...self harm and suicide.	» Self-harm and suicide are unhealthy ways to cope with overwhelming stress and emotions. Ask your teen what they learned about self-harm and suicide. Ask them what they learned about the warning signs and talking to their friends and peers. Encourage them to help themselves and/or their friends if they ever notice the signs. Use everyday opportunities to talk to them about how they are feeling. Ask them to tell you about the Mood Map they used today and how it helped them identify their emotions. Learn more about it at <a href="http://www.mbfpreventioneducation.org">www.mbfpreventioneducation.org</a> . If you suspect your teen is suicidal, do not be afraid to talk to them or ask directly. Ensure they know they can talk to you anytime and you will listen. Also talk about how they can access help 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. 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 you 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.

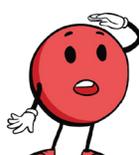
**RESOURCES TO LEARN MORE**

- » [www.OK2Talk.org](http://www.OK2Talk.org)
- » [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- » [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org)
- » [www.drugabuse.gov](http://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 3: PARENT INFORMATION SHEET**

### **ACTIVITY: POSITIVE TALK**

Ask your teen to tell you what they learned in today's lesson about self-harm and suicide, including the risk factors. Positive thinking is an important skill to learn, as it can help teens become more resilient. To help them reframe their brain, have your teen list several negative thoughts or statements they've had or others have said/shared about them recently. This is a great exercise to help teens learn to see themselves and the world more positively. Feel free to make copies of this blank activity sheet before completing it and practice with you teen occasionally in the future. See the example below to get started.

<b><i>NEGATIVE THOUGHT OR STATEMENT</i></b>	<b><i>POSITIVE STATEMENT OR AFFIRMATION</i></b>
Ex. Someone posted the comment "You suck" on my Instagram.	Ex. When people say hurtful things on social media, it says more about them than me. I am awesome and loved.