

# 9<sup>TH</sup> - 12<sup>TH</sup> 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.

YOUR TEEN LEARNED ABOUT	HOW YOU CAN REINFORCE THEIR LEARNING
The 5 Safety Rules	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.
Cyberbullying	
Online Exploitation	
Digital Safety & Digital Citizenship	Ask your teen what they learned during the classroom lesson. Make sure they understand the material and clarify if needed.
	» Review The MBF 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.

#### **ADDITIONAL RESOURCES:**

- » www.IROC2.org
- » www.nsteens.org

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

## The MBF 5 Safety Rules











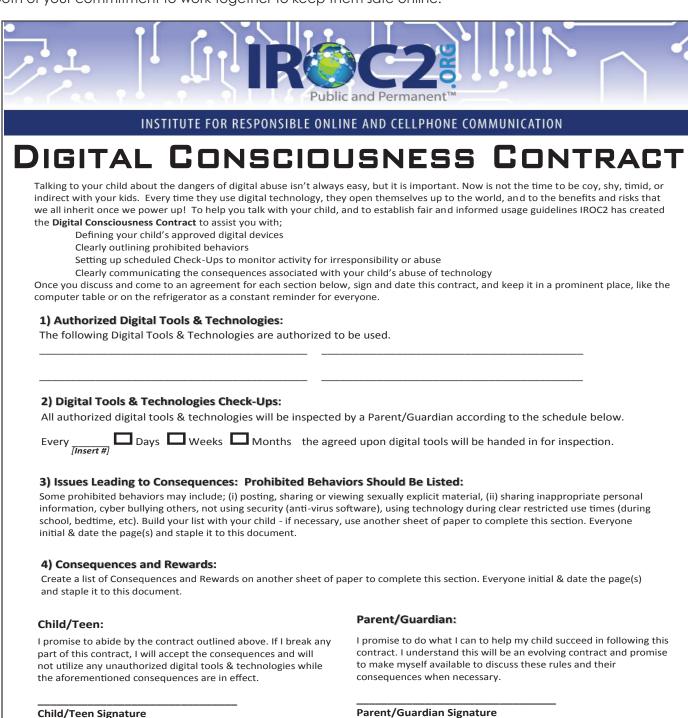


Date: \_

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### **ACTIVITY**

Complete the following digital safety contract with your teen, and post it in a visible location to remind you both of your commitment to work together to keep them safe online.



Watch Videos With Your Teen at IROC2.ORG/ONDEMAND

Date: \_\_\_\_