



# 9<sup>TH</sup> - 12<sup>TH</sup> GRADE - LESSON 2

## PARENT INFORMATION SHEET

**DEAR PARENT OR GUARDIAN,**

Your student participated in the MBF Teen Safety Matters® program today. This program teaches teenagers 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 your child, 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).

<b>YOUR TEEN LEARNED ABOUT...</b>	<b>HOW YOU CAN REINFORCE THEIR LEARNING</b>
The 5 Safety Rules	» Ask your teen what they learned during the classroom lesson. Make sure they understand the material and clarify if needed.
Emotional Safety	» Learn more about abuse and other physical safety topics by visiting our website at <a href="http://www.mbfpreventioneducation.org">www.mbfpreventioneducation.org</a> .
Healthy Relationships	» 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.
Human Trafficking	» Review The MBF 5 Safety Rules® to make sure they understand how to use them. Ask your teen what each rule is and how it can help them stay safe.
Physical Safety	» Use everyday opportunities to ask your teen how they might use the Safety Rules if faced with an unsafe situation.
Relationship Abuse	» Check out the resources, and do the activity on the back of this sheet with them to help you discuss the important safety topics they learned about.
Sexual Exploitation	
Types of Abuse	
» Physical	
» Emotional	
» Sexual	
» Neglect	
Unhealthy Relationships	

## The MBF 5 Safety Rules



**KNOW WHAT'S UP**



**SPOT RED FLAGS**



**MAKE A MOVE**



**TALK IT UP**



**NO BLAME | NO SHAME**



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### ADDITIONAL RESOURCES:

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

### ACTIVITY:

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 about for each of the topics listed below. Then help your teen think about actions they can take to help them 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.

<b>RED FLAGS/ WARNING SIGNS:</b>	<b>PLAN/ACTION STEPS:</b>
<p style="text-align: center;"><b>Unhealthy Relationships</b></p> <p>Ex. A friend is being isolated by their current girlfriend/boyfriend.</p>	<p>I will use <b>Safety Rule #4 - Talk It Up</b> and talk to the friend; if that doesn't help, I will talk to a Safe Adult.</p>
<p style="text-align: center;"><b>Relationship Abuse</b></p>	
<p style="text-align: center;"><b>Human Trafficking</b></p>	