



Dear Parents/Legal Guardians,

Your youth/teen has the opportunity to participate in a virtual presentation of a skills-based training designed to increase their individual resilience and well-being: *Virtual MRT for Teens*.

When faced with stress and/or adversity, resilience is the key factor in mental, emotional, and behavioral ability to cope with and recover from the experience, achieve positive outcomes, adapt to change, stay healthy, and grow from the experience. Performance enhancement engages the mental, emotional, physical skills, learning skills and health that generate optimal human performance, empowering individuals to perform at their best when it matters most.

The Army's Comprehensive Soldier & Family Fitness (CSF2) Team has been delivering performance enhancement, and resilience skills-based training to Soldiers and spouses since 2010, with significant positive results in improving the lives of countless individuals. Technical reports on the outcomes of this adult training can be found at <http://csf2.army.mil/metrics-evaluation.html>. Highlights from the outcomes of these technical reports include the following data points:

- Individuals who are trained on resilience skills demonstrate higher levels of resilience post training than their counterparts who do not participate in resilience training.
- Resilience and psychological health are linked to important behavioral outcomes, such as individual self-assessments of emotional and social health, and reductions in depression, anxiety related illnesses, and substance abuse.

Based upon these outcomes, Soldiers and their spouses have requested that the CSF2 Team translate the training delivered to adults for adolescents, providing families with a common language and approach to resilience (increasing self-awareness, self-regulation, optimism, mental agility, identifying strengths of character, and connection), and performance enhancement (energy management and goal setting). During this training, students will be encouraged to "bring home" what they have learned and to discuss and practice skills with their family; we ask parents to participate in these conversations so that your entire family can share in this learning experience.

The CSF2 Teen Curriculum will be delivered to your child virtually.

By signing below, you are providing permission for your youth/teen to:

1. Watch videos, developed by ARNG CYS Personnel, provided via links after registration
2. Access/participate in closed social media sites
3. Access/participate in live discussions hosted on selected video conference apps/platforms

Your permission is required for your youth/teen to participate in this virtual training. Please contact your local ARNG CYS Team for additional information about this program.

PARENTAL CONSENT OF CSF2 TEEN PARTICIPATION/ENGAGEMENT WITH ARNG CYS

I, _____, grant my parental consent for _____,
Parent/Legal Guardian Name Youth/Teen Name

aged _____ to participate in the *Virtual MRT for Teens* training.

Parent/Legal Guardian Signature

Date



Rules of Engagement: Youth and Parents/Legal Guardians

Dear Youth and Parents/Legal Guardians,

Resilience and psychological health are linked to important behavioral outcomes, such as individual self-assessments of emotional and social health, and reductions in depression, anxiety related illnesses, and substance abuse. In order to achieve the desired outcomes, youth must participate in this course to the fullest extent they can, while being honest and authentic with their emotions, thoughts, and discussions.

Therefore, we request all youth who participate sign the Rules of Engagement, with the understanding that their authentic participation is expected, as well as the consequences to any actions that may negatively impact the program for others. This will ensure that all youth are aware this is a judgement free course, and they can express themselves without fear of cyber bullying.

Youth Initial below:

_____ I understand that if I do not actively participate in the course, I will be removed from the course without gaining the certificate of achievement and my parents/legal guardians will be notified

_____ I understand that if I actively engage in cyber bullying, dismissive, rude, or “troll” like conversations in the group, I will be immediately removed from the training and my parents/legal guardians will be notified

_____ I understand that my words and actions are a direct reflection of myself, even on a virtual platform, and if I am removed from the class due to cyber bullying like behavior, this may also lead to a request to not participate in future in-person and virtual ARNG CYS programming

I, _____ promise to:

Youth Name (Printed)

1. Be non-judgmental and respectful while engaging in the virtual curriculum, online discussions, and virtual engagement
2. Actively respond to the discussions as requested by the trainers
3. Show integrity in my work, while being authentic to myself and others

Signature of Youth

Date

Signature of Parent/Legal Guardian

Date

NOTE: This form must be submitted to your local ARNG CYS Team prior to participating in the *Virtual MRT for Teens* training.