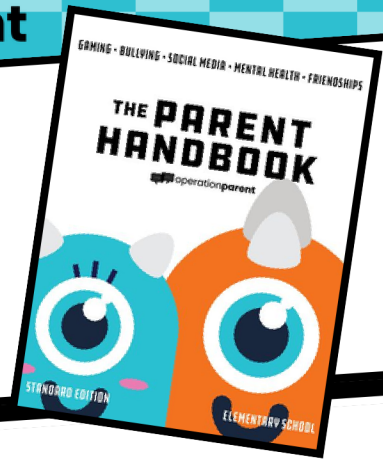


ELEMENTARY TIP SHEET



A CALL TO PARENTS

Your job is to PROTECT. Your job is not to be your child's "friend". They will have plenty of friends, but right now they need YOU to love and protect them.

Take your child's phone at night to charge it in your room. Otherwise, your child may be on it all night long, losing valuable sleep.

21ST CENTURY TECH

ALCOHOL & DRUGS

Teenagers cite their parents as one of the largest influences in the decision NOT to use alcohol and drugs, so now's the perfect time to start talking.
Substance Abuse and Mental Health Services Administration (SAMHSA)

Journaling can help your child sort out their thoughts. It can provide a safe place to write down feelings, fears, and challenges.

EMOTIONAL & MENTAL HEALTH

FRIENDSHIPS & BEHAVIORS

Cyberbullying can happen through text, social media, or even gaming systems. Encourage your kids to think before texting or posting.