

PARENT CONNECTION FORM

Session 6.3: Emotional Needs/Identity Reflection

Dear Parent or Guardian,

Teens that are sure of their identity are more likely to avoid risky behaviors than those who are not. Today's session gave students time to reflect on the attributes that make them unique individuals, in addition to discussing healthy ways to fulfill our emotional needs. Please review the following with your child, then complete the bottom portion and have him or her return it at the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures



Principal/Facilitator

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1. Define the following emotional needs.

Support -

Affirmation -

Guidance -

2. Who in your life meets these emotional needs in a healthy way?

Support -

Affirmation -

Guidance -

3. Today's class gave me the opportunity to write a poem about myself. Three of my favorite things about me are:

Most communication is non-verbal; body language and tone of voice are equally - if not more - important as the words being said. Keeping an open posture (uncrossed arms, facing the other person, tilting your head slightly, etc.) is a great way to physically communicate that you are an approachable adult that your child can trust and care about what they say.

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My child, _____ and I discussed this handout.
First Name Last Name

Signature of Parent or Guardian

Date

Email Address (Please Print Clearly)

Parent or Guardian (Print Name)

School Name