

PARENT CONNECTION FORM

Dear Parent or Guardian,

As you have probably noticed over the past few months, your child's relationship with the rest of your family is changing. This is a normal part of growing up and is one reason that today's session focused on healthy relationships with family and peers. As your child becomes more independent, there may be times that you are frustrated with his or her behavior or feel sad that he or she wants to spend more time with friends than with you. Your son or daughter does not love you any less, he or she just may have difficulty figuring out how to express that love. Please review the following with your child, then fill out the bottom portion and have him or her return it to us at the next session.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures

Principal/Facilitator



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1. Circle the quality of a healthy relationship:

Hitting	Lying	Respect	Jealousy	Cooperative
Has other friends	Positive peer pressure	Spreads rumors		
Trustworthy	Stealing	Kind	Name calling	

2. What are some things I can do to show my family that I still care about them?

3. Student and Parent: Let's spend some time together this weekend, just you and me. Our favorite thing to do is...

Like it or not, teens are more likely to do what they see rather than what they are told. This isn't just true of what they see you model, but also what they see in television, music, & other media. This message is often far from positive: gang violence, drug abuse & encouragement of sexual activity is normative in most media & may be counterintuitive to the message you want your child to receive. Talk with your son or daughter about what they are watching & listening to & whether or not it's positive.

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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