

PARENT CONNECTION FORM

Dear Parent or Guardian,

As your child enters adolescence, he or she will make many choices that will impact their future in a positive or negative way. Today your son or daughter attended their first Healthy Futures session. Our program is designed to equip young people to make positive, informed decisions that will help them reach their goals and dreams.

The biggest enabler of your child is you; studies indicate that teenagers are less likely to engage in risky behaviors (e.g. sexual activity, drug use, theft, etc.) if they have a strong connection with parents and other supportive adults. Following each class, your child will receive a Parental Connection Form about the topic for the day. Please take a few moments to review the exercises with him or her and discuss what they are learning in class. Once you have, simply complete the bottom portion and have your son or daughter return it the next school day.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures



Principal/Facilitator

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1. Today I learned that the choices you make N_____ will affect you L_____.
2. The two keys to success are:
 - Know what you _____.
 - Know how to _____.
3. My dream is:
4. True or false: It is easy to achieve your dream.
5. I will achieve my dream by:

Your child is unique. He or she has their own unique gifts and skill set, as well as passions and interests. Do you feel your child's dream lines up with their gifts, passions, and interests? Help to encourage and affirm them in what their dream is and provide some insight into how you feel they might be able to accomplish it.

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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

I authorize Healthy Futures (HF) to use, in whole or in part, my child's likeness, image, and performance during his/her participation in the program as HF shall determine in its sole discretion. HF and its successors and assigns, shall own all right, title and interest, including the copyright(s) of these images to be used without limitation as HF shall determine in its sole discretion. HF is not liable for unintentional misrepresentation of information derived from these images.

Signature of Parent or Guardian