

PARENT/TRUSTED ADULT CONNECTION FORM

Dear Parent or Guardian,

Today's teenagers encounter enormous stress and obstacles. This session focused on identifying stressors in our lives and discussing healthy ways to handle stress. In addition, we discussed how our dreams and goals are far more important than making a poor decision that could deter us from our path to success. The students learned how to say "NO" to peer pressure in order to stay successful on their journey towards accomplishing their dreams.

Sincerely,

Rhea Gordon
Executive Director
Healthy Futures

Principal/Facilitator



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- 1. What are some stressors in your life?
- 2. What helps you handle stress?
- 3. What signs will you recognize if you are being peer pressured?
- 4. What are the 3 steps to saying "NO"?

To open up communication with your child, you might provide a personal example of a time that you yourself encountered peer pressure, and how you responded to this pressure. Explain how you either were proud of your choice or later regretted this choice. Let them know you will always be there if they want to discuss situations where they have, or are, encountering peer pressure.

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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