

Alive & Well

HELPING TEENS MAKE
HEALTHY CHOICES



DEAR PARENTS/GUARDIANS,

Our school is partnering with Alive & Well to help students make positive life choices. Alive & Well's goal is to join with parents and teachers in order to empower young people to make healthy choices in all areas of life (relationships, abstinence, technology, sleep, entertainment, etc.). These fun, interactive programs will also teach your student the advantages of avoiding risky behaviors (such as sexual activity, inappropriate content, substance use, sexting, abuse, etc.). To view the specific topics that will be covered each day, download the curriculum overview guide under the **Parents** tab of our website.

Each student will receive a packet containing note taking pages and Parent Talk assignments. These assignments are designed to "break the ice" for you to have important discussions with your child. Please set aside time each day to sit down with your son/daughter and talk about these topics. All Parent Talk assignments can also be found under the **Parents** tab of our website. Please feel free to contact wendy@aliveandwellteens.com with any questions or suggestions.

An informational meeting for parents will be held.

DATE and TIME:

LOCATION:

If you do NOT want your son/daughter to participate in the sessions containing topics related to sexual activity (abstinence, sexting, dangers of pornography, STIs), please return the bottom portion of this slip to their teacher, and they will be given alternative assignments during those Alive & Well sessions. If the slip is not returned, your student WILL participate in the entire program.

You are the most important people in your children's lives. We look forward to partnering with you to help them make healthy choices.



No, I do not want my student to participate in the sessions containing topics related to sexual activity (abstinence, sexting, dangers of pornography, abuse, STIs, etc.), during the Alive & Well program.

Student's Name

Teacher

Parent's Signature

Date