
Date

Dear Parent,

Did you know that you are the most important link between your child, his/her health, and a bright future? You are his/her most valued source of support, information, and help. You can provide the encouragement and direction that will help your youth avoid the health risks that high risk behaviors create.

_____ Elementary is playing an important role in helping you have all the skills you need to discuss the issues of adolescence with your youth. The School and Bear River Health Department would like to invite you to a parent workshop to discuss important topics facing your youth. Topics covered will include; the teen brain (why it is different), developmental issues facing teens and pre-teens, factors that influence growth and development, how to discuss sensitive issues, how to keep the lines of communication open, showing love and acceptance, and setting high expectations and healthy boundaries.

This workshop, created specifically for parents, will be held just prior to the maturation workshop held at your child's school. This will run approximately 1 hour. Please plan to attend this workshop on _____ at 1:00 p.m. Immediately following the parent workshop, your youth will be joining us for the maturation workshop, which will begin at 2:00 p.m. We look forward to seeing you there.



A partnership with the Cache County School District,
_____ Elementary and the Bear River Health Department