



Parents and Guardians of **SIXTH GRADERS**

*The **Life Education Center** visited your child's school!*

Through the use of discussions, games, and multimedia tools, students learned facts about:

- **Medication Safety**



- Medication can help us when used as directed by a healthcare professional.
- Misusing medication includes taking more than is prescribed, taking it for a reason different than prescribed, and sharing or taking someone else's medication.

- **Bullying and Cyberbullying**

- Bullying is intentional, repetitive, unkind behavior done in-person or online.
- Students learned the difference between a bystander and an upstander in a bullying situation.
- Strategies were shared about the prevention of bullying and how to protect oneself and others if bullying is experienced or witnessed.

- **Social Media Safety**

- Students learned how to be aware of, and control their digital footprint.
- Tips were shared regarding internet safety, and ways to control social media use.



As a reminder to make healthy choices in their lives, the students were asked to share their own Wise Highs, or healthy alternatives to prescription drug use.

Ask your child to tell you more!

**REMIND YOUR CHILD
THAT AS A FAMILY
YOU CHOOSE:**



To reinforce these lessons at home:

Encourage WISE HIGHS, or fun activities that don't hurt your body, by doing things together as a family like taking a walk or bike ride, making a meal, or having a family game night.



To reinforce lessons taught on **prescription medicine**, check all prescription and over-the-counter medications in your home and make sure they are in a secure location.

PARENT TIPS:

1. Model Healthy Screen Time Behavior

Teach your kids how to limit screen time and find healthy alternatives like family game night.

2. Model Positive Social Behavior

Demonstrate healthy relationship behaviors like respect, empathy, and conflict resolution.

3. Model Positive Self-Talk

Demonstrate how to use your words to build yourself rather than tear yourself down.

4. Model Perseverance

Include your kids in home projects and activities that demonstrate how to work hard to accomplish a goal.



For more resources, please visit us at www.pledgeforlife.org



Administered by the I-KAN Regional Office of Education in collaboration with the Pledge for Life Partnership

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