

BE THE CHANGE

PARENT LETTER 5: ADVOCACY IN ACTION

In this lesson of *Safer, Smarter Teens* your child learned about the importance of planning for safety. Students learned that as they gain more freedom and independence, they must take more responsibility for their personal safety. It is essential to have a P.L.A.N. to stay safe. The essential components of a Safety P.L.A.N. include obtaining parental Permission, notifying parents of their Location, explaining the Activity, and giving the Names and phone Numbers of companions. Students used information from each lesson to develop their own Personal Bill of Rights. The lesson ended with a discussion of advocacy and what students can do to make a difference. During our lesson about advocacy, your child created an Advocacy Plan to learn how to advocate for personal safety and responsibility.

PARENT CONNECTION:

Review the personal Safety P.L.A.N. with your student. Help your teenager complete a Safety P.L.A.N. before going out. Always plan for safety.

Safety P.L.A.N.	
P = Permission	You should always ask and receive permission before you go somewhere. If you want to go somewhere your parents won't agree to, then you probably shouldn't be there.
L = Location	Make sure a parent or another responsible adult knows where you are going. This means the exact location, not just a "friend's house." If there is an emergency, you need an address so you can get help.
A = Activity	What are you going to be doing when you get to the location?
N = Names and Numbers	Give your parent or responsible adult the names and phone numbers of the person or people you are going be with.

Safety P.L.A.N.	
P = Permission	
L = Location	
A = Activity	
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TIPS TO FURTHER TODAY'S LESSON:

How can you support your student to be an advocate and make a difference?

- Participate in the Lauren's Kids Walk in My Shoes journey if it comes to your area
- Organize a school Safety Rally
- Research local advocacy agencies and events
- Remind your teenager of the importance of standing up for his or her personal rights and the rights of others