



Dear Educator and Advocate for Youth,

Thank you for your interest in the **myWorth** pilot, a supplemental program to support health curriculums. **myWorth** provides lessons to support the fundamental concepts of our humanity. The mission of iRespect&Protect is to foster positive self-worth, promote healthy online choices, and encourage safe relationships. iRespect&Protect was developed in response to adult concerns about the negative effects of cell phones, and youth needs for more support in their mental health journeys.

Cell phones, the internet, and other traumas can have long-term negative consequences on children's mental and physical health, including their general well-being and feelings of worth. **myWorth** engages students in conversations about self-worth, social media & cyberbullying, being yourself, safe relationships, and healthy choices. These sessions will also discuss sensitive topics such as boundary violations, sending inappropriate content (images & messages), and exploitation of children. This subject matter is carefully introduced to be appropriate for this age group. The best strategy for prevention is to be proactive and have discussions in a safe environment.

Each of the four 45-minute **myWorth** sessions include PowerPoint slides and interactive activities for students. This curriculum has been developed with feedback from 6th grade educators to engage students with one another, and to help them understand they are not alone in their personal struggles. If you wish to facilitate the program yourself, a comprehensive guide will be provided complete with step-by-step instructions and activity guidelines. We can also offer the opportunity for our Prevention Education Project Coordinator to come to your location to facilitate the sessions. Your time, space, and support are all we need.

Educators who participate in the **myWorth** pilot program will receive:

- PowerPoint slides for all four 45-minute **myWorth** sessions
- Comprehensive facilitator guide with activity descriptions and talking points
- Parent letter detailing the **myWorth** program and the topics discussed
- Parent Support Sheet of conversation starters to give to every parent before the program
- **I AM WORTHY** resource card for every student with tools, reminders, and national/local resources
- Program survey for the educator, which can be completed at any time

We encourage you to explore our website for further information about our history, foundational principles, and resources at: www.iRespectandProtect.com

We look forward to your questions, suggestions, and support.

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