



Dear Parent/Guardian,

[Name of School] is participating in a community campaign called iRespect&Protect facilitated by Liberty House. The school has agreed to teach a curriculum called *myWorth*, teaches youth about their self-worth and empowers them to make healthy choices related to cell phones and social media. During the sessions, we will discuss sensitive topics such as boundary violations, sending inappropriate content (images & messages), and exploitation of children. These sensitive topics have been carefully worded to inform but not alarm your child. The goal is to be proactive about child safety with age appropriate information. If you would like to view the teaching materials ahead of time, please feel free to contact us at the information below. At the end of the curriculum, your child will be given an *I AM WORTHY* resource card with tools, reminders, and national/local resources.

myWorth discusses a variety of topics, risks, and realities through its lessons, including:

- The meaning of **self-worth** and why it is vitally important
- Internal vs external factors and how they affect our self-worth
- Identifying cyberbullying and its impact
- The effects, dangers, and truths of social media
- Behavior online and the risks of communicating with strangers
- You should never feel like have to do anything to be liked or loved
- Everyone has the power to make healthy choices
- Qualities of a safe adult or friend
- How to recognize when someone is asking for something inappropriate or makes you uncomfortable and how to respond
- Tools and resources for support

We recognize you may have questions or want resources to help navigate the online world as a parent or individual. To support you, we have included conversation starters. We encourage you to utilize the resources provided to have deeper conversations with your child about these sessions as they occur.

If you have questions about the *myWorth* curriculum, what we do at Liberty House in general, or regarding the iRespect&Protect campaign, please contact us below or visit our website. There are resources for you on our website or you can scan the QR Code which will take you directly to our parent/guardian resources page: <https://irespectandprotect.com/For-Parents/>

scan for
resources



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