



When teens do not feel good about themselves, they often:



- Worry about what others think about them
- Give in to peer pressure
- Do not try new things for fear of failure
- Use drugs and alcohol
- Have sex
- Feel depressed
- Get jealous
- Lose their temper easily

Solving Problems

In the COPE program, your teen is also learning how to solve problems by asking:



- What is the problem?
- What is the cause of the problem?
- What are the possible solutions with consequences?
- What is the best solution?

Now, ACT on it!

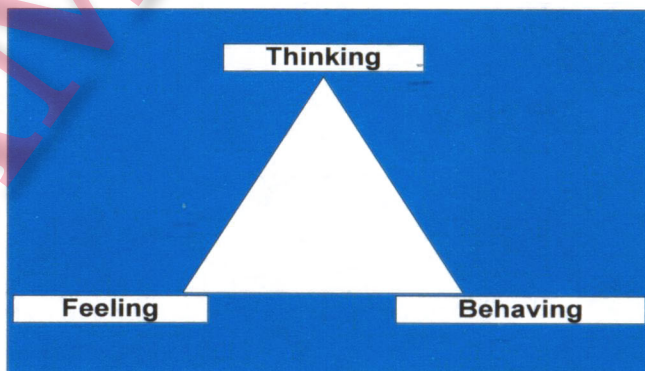
Dear Parent(s)

Welcome to the COPE (Creating Opportunities for Personal Empowerment) TEEN (Thinking, Emotion, Exercise and Nutrition) Program.

COPE is a 15 session program that teaches teens how to make healthy lifestyle choices. This includes positive thinking and emotions, exercise and nutrition. The goal of the COPE TEEN program is to give information and activities to teens that help them to make healthy choices and lead a healthy life.

For example, if a teen believes he can't do anything right, (like get good grades, negative thinking), he will probably feel depressed (negative emotion), and not try to do well with school work (negative behavior). In the COPE program, we are teaching your teen to think more positively. They can do this by turning negative thoughts into positive ones. Please ask your teen to share some examples of the thinking, feeling, behaving triangle from class.

Your teen will bring home 4 newsletters so that you can keep up with the information he or she is learning in the COPE program.



By knowing what is in the program, you can talk with your teen about what he or she is learning. You also can do some of the COPE activities together.

The first few sessions of the COPE program focus on healthy lifestyles. Your teen is being taught that how he or she thinks affects how he or she feels and behaves. This is called the thinking, feeling, behaving triangle.

Thinking, feeling and behaving are all connected to each other.

In the COPE Program, your teen is being taught how to be mindful or to think in the present moment. When people stay

in the present moment, they worry less. Ask your teen to share some examples with you, like the clapping game, that helps him or her to stay in the present moment.

Help your teen to think positive and to feel good about him- or herself by saying at least one positive thing to him or her every day!

Session 1: Healthy Lifestyles

Exercising
on a regular
basis



Eating more
fruits and
vegetables



We are teaching your teen about how to lead a healthy lifestyle. This includes making healthy choices. Healthy choices include exercise and eating healthy foods. Your teen will learn more about this during the semester.

Your teen is also being taught how to cope with stress in healthy ways instead of smoking or using alcohol or drugs.

Signs that your teen may be stressed are when they feel:

- Anxious
- Nervous
- Depressed
- Irritable
- Angry
- Overwhelmed
- Burned out

If you see these signs of stress, ask your teen to talk about what is bothering him or her. If he or she is really depressed or stressed, it is a good idea to have him or her seen by the doctor or nurse practitioner who can evaluate your teen and further help him or her.

Remind your teen to use the COPE strategies he or she is learning in class to deal with stress in healthy ways (like relaxation and positive self-talk).

Your teen will be using a pedometer and keeping a log of how much he or she walks every day.



Set a goal with your teen to walk at least 20 to 30 minutes each day.

It would be great if you walk with your teen and do other fun activities together as much as possible.

Your teen also will be learning about how to make healthy food choices, like eating more fruits and vegetables, instead of foods high in carbohydrates and fats.

Did you know that serving your teen a glass of water instead of a can of soda or juice once a day can keep him from gaining weight or help him or her to lose weight if overweight?

You can help your teen by being his or her COPE coach.

For example, have your teen help you pick out healthy foods for dinner and go for a walk together after dinner.

Upcoming Newsletter #2

- Learning about Self-Esteem
- Setting Goals
- Stress and Coping
- Dealing with Your Emotions in Healthy Ways

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I have read and discussed this newsletter with my teen.

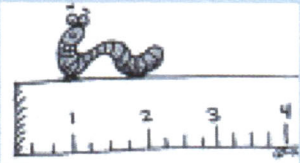
Parent- Please sign and have your teen return this part of the newsletter to his or her teacher.

Parent's signature

Date

Teen's name

School



*“Inch by Inch
it’s a cinch.
Yard by yard it’s
hard!”*

*Remember that
it takes small
steps to make
changes.*

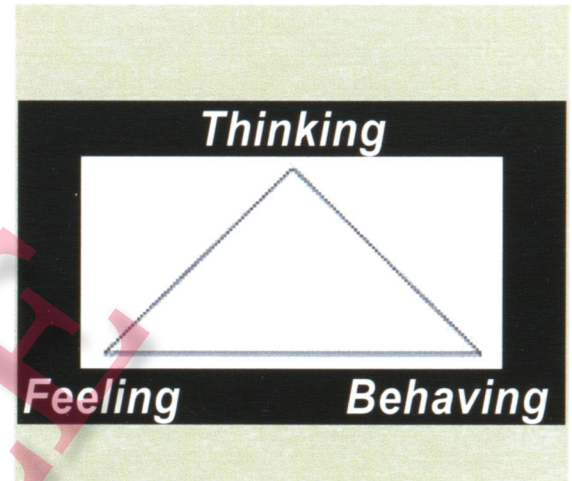
Steps to make changes

1. Decide what you want to change
2. Set a goal- I will exercise 3 times a week
3. Believe you can do it
4. Take one step at a time

Dear Parent(s)

This is the second of four parent newsletters for the COPE (Creating Opportunities for Parent Empowerment) TEEN (Thinking, Emotions, Exercise and Nutrition Program). Your student has completed five of the 14 sessions of the program. These five sessions have focused on ways for your teen to live a healthy lifestyle.

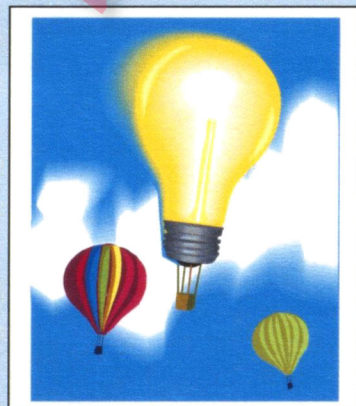
Each week during your student’s health class, the program is reviewed and new material is given to the student. Each session of the program is focused on the thinking, feeling, and behaving triangle in which thinking, feeling, and behaving are all connected with each other.



Session 2: Learning about Self-Esteem

In session 2 of the program, your teen was given information about self-esteem. Self-esteem is how your teen feels about him- or herself. Self-esteem comes from within you and can be affected by many things, including friends, family, and what you see on TV.

Self-esteem is like a balloon. A person with good self-esteem can be compared to a balloon full of air. If your self-esteem is decreased, the air is let out of the balloon. If your self-esteem is increased, it is like adding air to the balloon.



Signs of Negative Self-Esteem

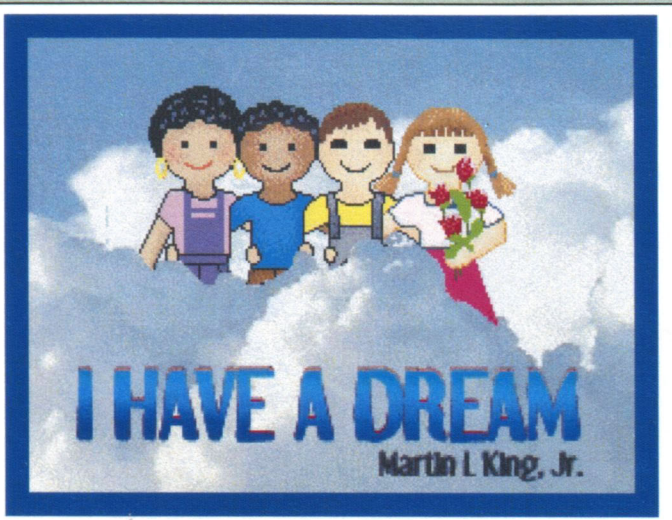
- Worrying about what others think
- Giving into peer pressure
- Using drugs and alcohol
- Being depressed

Signs of Positive Self-Esteem

- Trying new things
- Feeling Happy
- Standing up for what you believe in
- Not giving into peer pressure

Ways to Improve Your Child’s Self-Esteem

- Praise your teen when he or she deserves it.
- Help your teen to think positive thoughts.
- Encourage your teen by saying “You can do it” when faced with something difficult.



Session 3: Setting Goals

Session 3 of the COPE TEEN Program looked at your teen's dreams and goals

Your teen was asked what they want to be when they are older and how to make that dream come true. Your teen also was asked to write down their goal and then plan how to reach it. Your teen was told that planning your goal is like getting a map to take a trip.

Part of reaching a goal is problem solving. The 4 steps to problem solving are:

- *Knowing what the problem is*
- *What causes the problem*
- *What the possible ways to solve the problem are*
- *What the best solution is*

Try This Relaxation Technique with your Teen:

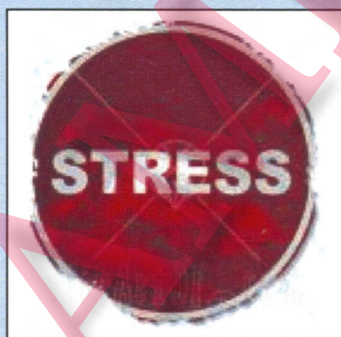


Abdominal Breathing

Have your teen place his or her hands on their abdomen- right over the umbilicus- and take a deep breath. Your teen should feel his or her hands move out on inspiration and in on expiration. On inspiration, they should be thinking, "I am calm." On expiration, they should be thinking, "I'm blowing stress out."

Session 4: Stress and Coping

Session 4 of the COPE TEEN Program focused on stress and coping.



Stress is when you don't have the ability or skills to deal with things that worry or frighten you or that you find unpleasant. Stress can be good or bad. Good stress can help your teen to study for an exam, while bad stress can make him or her feel bad.

Teens are often stressed because they worry about whether others like them, how they look, peer pressure, and their grades in school.

Healthy ways to cope include:

- Exercising
- Relaxation techniques, including abdominal breathing and focusing on the present moment
- Talking about feelings
- Listening to music

Responses to stress include:

- Depression
- Sweating
- Anger
- Headaches
- Fast heart and breathing rate
- Stomach aches
- Unhappiness
- Nervousness
- Anxiousness
- Sleeping too much or too little

Depression:

Depression is common in teenagers. Some things to look for if your teen is depressed are:

- Feeling hopeless,
- Lack of energy,
- Thoughts or plans to harm him or herself,
- Frequent anger,
- And sleep problems.

If your teen shows any of these signs, they should get help.

Help your teen to think positive and to feel good about him- or herself by saying at least one positive thing to him or her every day.

Eat your way to 5 A Day



Session 5: Dealing with Your Emotions in Healthy Ways

Session 5 of the COPE TEEN program focused on healthy ways to handle emotions.

One way to handle emotions is mental imagery in which you close your eyes and think of your favorite place or activity. You may want to think about being at the beach.

All emotions, including anger, jealousy, anxiety, and fear are normal, but we need to control how you act on these emotions. Some signs of poor responses to these emotions include red faces, racing heart rate, shouting and saying hurtful things.

Your teen can learn self-control by telling themselves to stay calm and saying things like "this soon will pass, and they don't mean what they are saying."

Your teen can also count to 100, walk away to a quiet place, and find someone to talk to when upset or angry.

When your teen learns to control his emotions and express them in healthy ways, he or she will feel better.

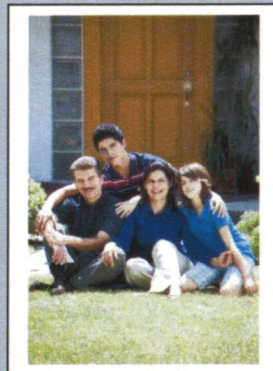
Session 5 also focused on eating healthy. We often chose unhealthy foods when we are stressed, depressed, bored, skipping breakfast, or watching TV.

Making healthy food choices uses the same skills as achieving other goals. To make good choices, we must first decide to make good choices, set a goal, believe we can succeed, and use problem solving skills.

Finding Healthy Coping Strategies for the Whole Family

It is important to find healthy coping strategies for the whole family. Here are some common healthy coping strategies:

- Listening to favorite music
- Exercise, such as walking or riding a bike
- Spending time with a friend
- Relaxation techniques
- Writing in a journal
- Reading a favorite book



- Watching a funny movie (Laughing releases stress and endorphins in the body, just like exercise).
- Singing
- Having quiet time
- Doing hobbies
- Helping others

What are your ideas for what you can do with your family?

Remind your teen to believe in him- or herself.

Remind your teen to use the COPE strategies he or she is learning in class to deal with stress in healthy ways (like relaxation and positive self-talk)

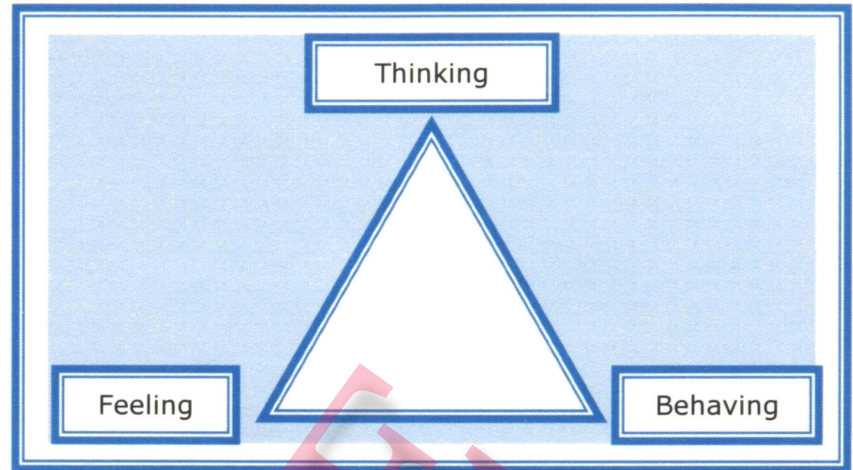
THANK YOU

Thank you for helping your teen lead a healthy lifestyle. Your teen will bring home another newsletter at weeks 9 and 14.

Encourage your teen to talk to you about what they are learning in the COPE TEEN program and remind them to do the activities they are learning at home.

THINK POSITIVELY!!!!

**Remember,
how you think
affects how you
feel and how
you act.**



Upcoming Newsletter #3

- Personality and Effective Communication
- Activity: Let's Keep Moving!
- Heart Rate & Stretching
- Nutrition Basics

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I have read and discussed this newsletter with my teen.

Parent(s)- please sign and have your teen return this part of the newsletter to their teacher.

Parent's signature

Date

Teen's name

School