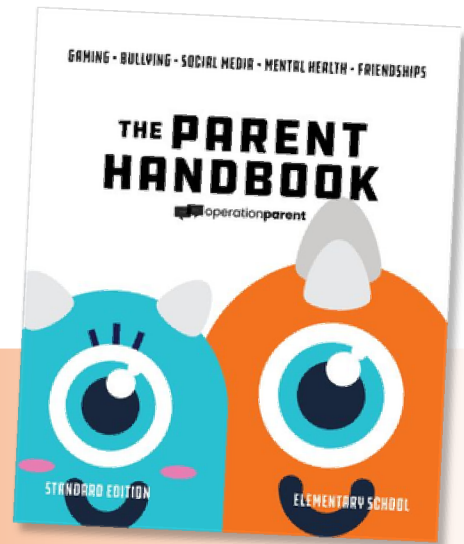




TIPS FOR PARENTS K-5



A Call To Parents

Your job is to PROTECT, not be your child's "friend". They will have plenty of friends, they need you to love & protect them.

Technology

There are amazing devices (phones, watches, apps) that make safer tech possible for your child with features like, parent-managed contacts, GPS tracking, and tamper proof parental controls.

Alcohol & Drugs

Teenagers cite their parents as one of the largest influences in the decision NOT to use alcohol and drugs, so now is the perfect time to talk about rules and expectations.

Emotional & Mental Health

Journaling can help your child sort out their thoughts. It can provide a safe place to write down feelings, fears, and challenges.

Friendships & Behaviors

Cyberbullying can happen through text, social media, or even gaming. Encourage your kids to think before texting or posting.

Discover a tip from each chapter of the Elementary School Parent Handbook, making it easier to keep your kids safer and help them thrive. The Handbook covers topics that matter most today, like social media, screen time, substance use, and mental health, with practical tips and guidance for every caregiver. At Operation Parent, we believe empowering parents in these moments strengthens families for a lifetime.

Get your own Parent Handbook at [operationparent.org](https://www.operationparent.org)