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Dear Parent/Guardian,

Your child(ren)'s class is starting a social and emotional learning program called **Social Perspectives**. This program was developed by the Mendez Foundation – a leader in K-12 social skills and prevention education programs.



The goal of **Social Perspectives** is to build adolescents' social-emotional skills and empower them to be positive leaders in their school and community. Adolescents who learn and use the skills taught in this program are more likely to have a positive attitude, make good decisions, get along with their peers, and do better in school.

Below is a list of the social-emotional skills your child will learn.

Lesson 1: Making Responsible Decisions

Students learn how to think through a problem and make responsible decisions.

Lesson 2: Identifying and Managing Emotions

Students learn how to identify and manage their emotions, recognize the emotions of others, and show empathy.

Lesson 3: Bonding and Relationships

Students learn and apply peer-pressure refusal strategies.

Throughout the program, your child(ren) will bring home short, fun Home Workouts for you and your child(ren) to do together. These activities keep you tuned in to what your child(ren) is/are learning and they help you practice and reinforce the skills at home.

Please contact us at Women In Need if you have any questions about the *Social Perspectives* program. You can also visit the Mendez Foundation's website at toogoodprograms.org. We look forward to working together with you to help your child(ren) build the skills that lead to success in school and life.

Warm regards,

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