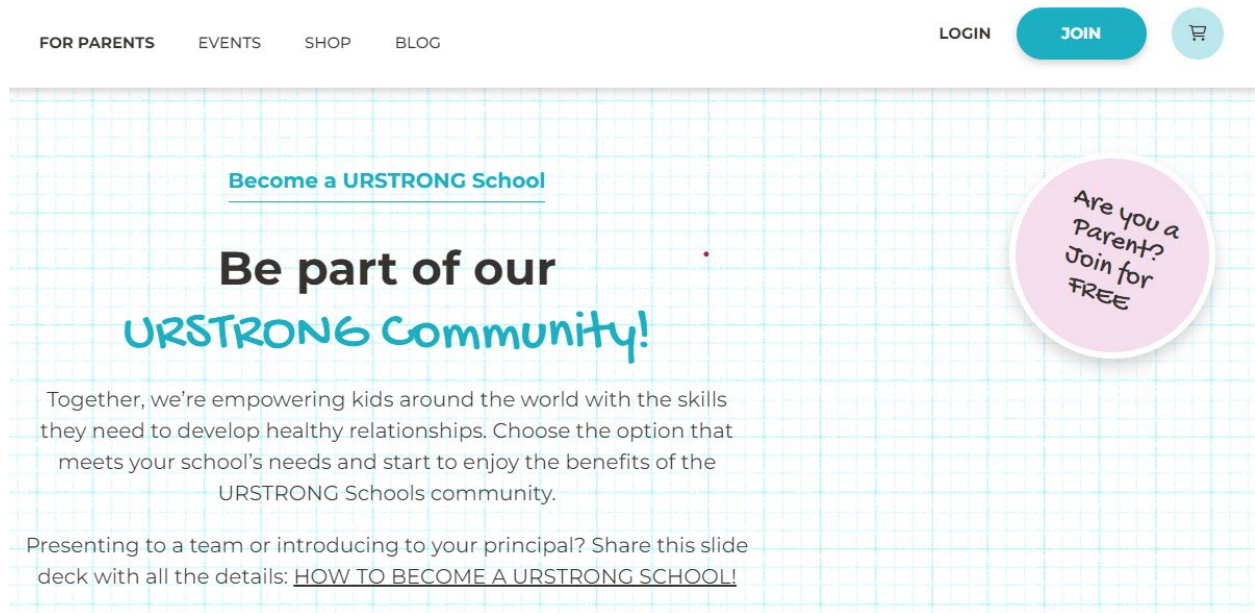


UR Strong user guide for parents

Go to www.urstrong.com/parents and register as a user with log in email and password. The membership for parent is free.



Registering as a parent will give you access to information and tools to help your children navigate the complexities of relationships and friendships.

What is UR Strong about?

- UR Strong developed a kid-friendly approach by creating a common language to open lines of communication and helping parents feel closer to your child while building trust.
- You will gain confidence to support your child through friendship dramas.
- You will learn how to empower your child to make healthier decisions in their friendships and put out friendship fires in a respectful way.

In the “Resources” section you will find articles and videos on how to respond in situations of conflict (or ‘friendship fires’).

Each video is under 20 minutes long and breaks down complex situations into kid friendly language. It is encouraged that you watch these videos with your children.

The image displays three resource cards arranged horizontally. The first card is green and titled '*NEW* Colouring Sheets', categorized as a 'Lesson Plan' for 'All' ages, with a 'Healthy Relationships' tag. The second card is blue and titled 'Dana's QuickTip: Sleep on it!', categorized as a 'Video' for 'All' ages, with a 'Conflict Resolution' tag. The third card is yellow and titled 'Dana's QuickTip: Be a Magnet!', categorized as a 'Video' for 'K-6' ages, with a 'Hot Topics' tag. Each card includes a brief description and a 'Keep reading →' button.

Resource Type	Age Group	Topic	Description	Action
Lesson Plan	All	Healthy Relationships	*NEW* Colouring Sheets	Keep reading →
Video	All	Conflict Resolution	Dana's QuickTip: Sleep on it!	Keep reading →
Video	K-6	Hot Topics	Dana's QuickTip: Be a Magnet!	Keep reading →

Whilst it might be hard to find some time to check out the website, it is well worth-while. These tools are taught to our children at school and applying the same language at home will only reinforce them. It is hopefully something they will be able utilise into teenage years and beyond.

Thank you,

The Wellness Committee