



**HEALTH LITERACY THROUGH TECHNOLOGY**  
  
**Connect with Kids**

March 2012

Dear Parents and Student Guardians,

Over the course of the next 10 weeks, your student will be participating in a pilot **Health Literacy through Technology** program sponsored by the Arkansas Children's Hospital in partnership with the Connect with Kids Education Network.

This program is designed to provide powerful **online, print and video-based tools** to convey health information that impacts teens – and those who guide them – about the choices we make. As a participating pilot school, your student will participate in 10 multimedia lessons that address the following topics: Making Healthy Choices, Stress and Anxiety, Teenage Depression, Underage Drinking, Over-the-Counter and Prescription Drug Abuse, Tobacco, Cyberbullying, Managing Technology, Nutrition and Physical Fitness.

Addressing these issues and guiding students to make healthy choices beginning in the teen years can seem overwhelming, but it doesn't have to be. Parents and the adults who guide teens do matter! We encourage you to visit [www.connectwithkids.com/ACH](http://www.connectwithkids.com/ACH). There you can watch the videos that are part of this curriculum, and read and download parent pages with more information and questions to help get important conversations started at home.

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