Dear Parents,

It’s no surprise that youth are carrying an enormous amount of stress these days. Many of us as parents and school staff would agree our youth are under more stress than we were at their ages. The American Psychological Association’s “[Stress In America](https://www.apa.org/news/press/releases/stress/2013/stress-report.pdf)” survey showed that not only are youth carrying more stress than they feel is healthy, the stressors and the bad habits that come with them are entering their lives as younger at younger and younger ages.

To address the issues that youth are facing, and to help provide our children with the most support possible, we invite you to join us for a special event to discuss the issues they are facing.

We recently sent a survey out to our students asking one simple questions, “What do you wish your parents knew?”. Our goal was to get honest feedback to gain a better understanding about what issues our youth are facing. We invited them to submit feedback and input on topics and issues that they would like to see discussed.

We invite you join us on (insert date) for the event “What I Wish My Parents Knew” which will feature multiple workshops on a variety of topics including: (insert workshop topics). In addition to the workshop sessions, we will have numerous community-based organizations in attendance to provide information on their programs and resources available to you.

The event is open to all parents within the district, and parents of younger children are encouraged to attend. Although the event is focused on parents, we will be providing childcare and will also host activities for “older” youth if you are not able to make other arrangements.

By coming together to discuss these important topics, we hope that as a community we can continue to better hear and serve the needs of our children.

We hope you will consider joining us,

(INSERT NAME/TITLE)