

## Help your child improve mental health, motivation, and social connections



### EmpowerU will help your teen *feel better and do better*

If your middle/high school-age child is struggling with anxiety, low mood, loneliness, or unhealthy distractions (like screen time), you are not alone! Over 57% of teens report these struggles are impacting their ability to focus and learn. EmpowerU helps students learn the skills they need to overcome their challenges and thrive! Thousands of middle and high school students have completed EmpowerU and seen incredible growth in motivation, wellbeing and academic success.



### A Proven Resource to Build Student Wellbeing

Your district has vetted this program purchased a limited number of seats for students to enroll in EmpowerU this school year.

The support team at your child's school believes this program will help your middle or high schooler learn vital skills to become more self-directed, motivated, focused and confident, and help them reach their personal and academic goals.

*"My greatest improvement was my inner coach got stronger and it helps me in my daily life now. I feel more confident in myself. This class did not just help me get a credit.... but also, it helped me pass my other classes"*

**HIGH SCHOOL STUDENT**

### How it works

#### 1. Access:

Each fun 15-20 minute lesson is accessed independently online from the school issued device.

#### 2. Daily Work:

Your teen will complete 2-3 lessons per week during a pre-determined time decided upon with their school counselor.

#### 3. Support:

EmpowerU coaches provide daily online support - through asynchronous messaging within a secure platform - to help your teen connect core concepts to their life and goals.

School teams get real-time progress and collaborate with EmpowerU to ensure student support

#### 4. Concepts Learned:

Course concepts are designed to help your teen make positive changes and build resilience! Check to see if your high school will award credit for completion.