



Generating Excitement and Setting Expectations

Review Key Talking Points with Students

- EmpowerU is all about you -- a chance for you to work on yourself and meet your goals.
- It's an opportunity to improve your wellbeing, confidence and motivation.
- You will learn and apply skills that will help you every day - things like - how to control negative thoughts, manage stress and keep going when things get difficult!
- These are key skills that will help you feel better and do better - in school and in life!
- You'll have your own online EmpowerU Coach (a real person!) supporting you during the course via text right in the portal.
- Your coach will message you through the EmpowerU portal after every lesson. Their job is to cheer you on and give you daily feedback and encouragement.
- If your high school offers EmpowerU as an elective, you will earn credit—this is super helpful for completion!

Discuss Course Expectations

- Students will complete short online lessons – typically 2-3/week over 6-8 weeks (condensed course) or 10-12 weeks (full course).
- Students will be expected to give EmpowerU time and attention -like any other course work.
- Each student's EmpowerU coach will provide encouragement via asynchronous messaging as they complete each lesson. The coaches will grade students' lessons based on completion and it is expected that they answer the coach back in the portal.
- On their start date, students will receive an email from their EmpowerU coach. The email will come to their school email address (check spam), and they should follow the steps to get started.

Parent Consent

Requirements for parental consent vary by school and district. Please check the specific requirements for your school - and, if needed, utilize these templates to help you communicate with parents/caregivers.

Active Consent Template



Notification Template (Passive Consent)

