Quick Start Guide for Parents

Welcome

Thank you for walking alongside your teen! This course is built for flexibility, growth, and real-life use. Your role matters—whether you're actively involved or simply offering support and helping them connect these lessons to social and emotional learning.

How to Use the Course

Watch & Learn

Teens can go through each lesson independently, but it's even more powerful when you join them. Watch the videos, read the materials, and use the reflection questions to spark conversation.

Choose a Path

You can go lesson by lesson in order, or select topics that feel most relevant right now. The only requirement is completion—but how you get there is up to you and your teen.

Repeat for Growth

This course is meant to be revisited. Every lesson will hit differently as your teen grows. Encourage them to return often, practice the principles, and use new insights along the way.

Parental Consent

We understand the importance of parental approval. Whether you purchased this course for your teen or they're using it under your guidance, by now you should have previewed Success-in-You for Teens to ensure it aligns with your values and expectations.

Your Role

‣ **Be curious:** Ask what they're learning and how it connects to their life.

‣ **Be supportive:** Celebrate their wins, big or small.

‣ **Be available:** Even silent presence builds trust.

‣ **Be encouraging:** Remind them that growth takes time and practice.

Final Thought

Teens today are navigating challenges that can feel overwhelming—constant pressure to succeed, endless distractions, and the weight of figuring out who they are and where they're going. That's why this course matters. Success-in-You gives them confidence, clarity, and tools to make stronger choices and build a future with fewer regrets. And with your support, they won't face these challenges alone. Together, we can help them discover that there's always more to live for.

Date: _____

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