



University of King's College

HALIFAX, NOVA SCOTIA B3H 2A1

A letter to parents and guardians

July 2018

We know that you are thinking about the transition your child will soon make when they leave home for university in the coming months.

I want to draw your attention to an important and unique resource that has been made available to our community, specially designed for first-year university students. It's called *Transitions*, and it's a first-of-its-kind in Canada. It's produced by TeenMentalHealth.org and Dr. Stan Kutcher, an internationally renowned expert in adolescent mental health based here in Halifax.

Transitions includes important information about student mental health, sexuality and sexual consent, student finances, dealing with stress, and some basic tips about life at university. I encourage you to read it and talk with your child about it. How will they manage their stress while at King's? Have they thought about drug and alcohol use? How will they know whether someone has consented to sexual activity? Talking about these things with your son or daughter before they come to King's can help make their transition to university go much more smoothly.

You can find *Transitions* online at TeenMentalHealth.org. You can download it for free as a PDF, eBook or app. It's also available as an app in the Apple Store. If you'd like a paper copy, just send me an email (katie.merwin@ukings.ca). We'd be happy to mail one to you.

At King's we strive every day to be an inclusive and supportive community in which we honour and respect one another. It's important, ongoing work. Thanks for your support.

A handwritten signature in black ink that reads "K. Merwin".

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