



✿ Parental Consent Form: Summer Pilot Program Participation ✿
Stepping Stones to Lasting Happiness
Presented by the KINDR Foundation

Dear Parent or Guardian,

We are excited to invite your child (ages 12-18) to participate in a special **Summer Pilot Study** focused on building positive habits that lead to lasting happiness, healthier relationships, and stronger mental and emotional well-being.

This pilot is part of our program “**Stepping Stones to Lasting Happiness: A Workbook for Teens**” Your child will read independently from our 10 Chapter interactive workbook that includes age-appropriate lessons on topics such as:

- Developing self-kindness and kindness toward others
- Managing emotions and reducing negative self-talk
- Building empathy, gratitude, and communication skills
- Breaking unhelpful habits and learning to breathe through tough emotions

Your child will:

- ✓ Complete all ten lessons and feedback calls over a period of (3) three weeks.
- ✓ Complete a confidential pre and post survey.
- ✓ Read and complete questions in the workbook of (3-4) short chapters per week designed for independent learning.
- ✓ Complete an online questionnaire after each chapter.
- ✓ Participate in a brief (5 minute) weekly phone call or text with a trained facilitator to check in on their progress and have any questions answered.
- ✓ Provide feedback on the lesson content itself (i.e. was it helpful, clear, and relevant? Would other kids their age enjoy or benefit from it?)
- ✓ Participate in a culminating one-on-one Zoom interview to share verbal feedback about the program. This recorded conversation will be used to gather reflections for the authors and may be shared as a testimonial on the KINDR Foundation’s website, social media, printed materials, or other promotional platforms.

💡 Why This Matters

These lessons help youth:

- Build close, caring relationships
- Cope with stress in healthy ways
- Develop tools that support long-term academic, emotional, and life success

📣 Participation Incentive

At the conclusion of the 3-week pilot, each student will receive a **\$200 stipend** for completing the readings and providing feedback.



Yes, I give permission for my child to participate in the KINDR Foundation Summer Pilot Program.

- Student Name: _____
- Parent/Guardian Name: _____
- Parent/Guardian Signature: _____
- Date: _____
- Phone/Email (for reminders & stipend): _____
- Email Address: _____

Consent for Recorded Interview and Use of Testimonial

By signing below, I give permission for my child to participate in a recorded one-on-one Zoom interview at the conclusion of the program. I understand that the recording will be used to collect feedback for the program authors and may also be used by the KINDR Foundation for promotional purposes, including but not limited to their website, social media, printed materials, and other outreach. I authorize the KINDR Foundation to use the video footage and any excerpts from the interview for these purposes.

Parent/Guardian Signature: _____

For Payment Processing:

Please select your preferred payment method and provide your full mailing address below.

- ☐ Make the check payable to **Parent**
- ☐ Make the check payable to **Student**
- ☐ Send a **Visa Gift Card** to the Student

Mailing Address:

If you have any questions or need support, please contact:

✉ lindsey@ithrive.live | ☎ 415-530-0702