

---

# Prepped & Ready

EXPERTS EDITION



---

Are you ready for the teen years? Be ready with our new **FREE** parenting video series, specifically for caregivers raising teens.

## LEARN TIPS FOR:

- Addressing vaping
- Preventing eating disorders
- Handling tough questions
- Suicide prevention
- Understanding how teens think



*Plus! Get a free safety toolkit mailed to you!\**



Video series available at  
[cmkc.link/PreppedAndReady](https://cmkc.link/PreppedAndReady)

\*One caregiver per household raising children under 18 years old is eligible to participate in this research study with a safety toolkit for the first 1,000 participants.