



HOME CONNECTIONS

Second Grade / Pressures

Dear Parents and Guardians,

Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy choices now and in the future.

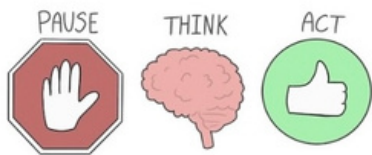


Lesson Highlights

Key Learning Adventures:

This week, your student learned to compare their positive & negative emotions from previous lessons and to use assertiveness in their decision-making.

Using the P-T-A (Pause, Think, Act) approach, your student learned a valuable tool that they can use throughout their lives.



Why it Matters

Being able to recognize your emotions is a part of the maturing process. Being assertive helps provide self-assurance and builds confidence.

It is important to practice the P-T-A strategy during this time when young brains are developing.



Conversation Starters

Ask your student to tell you what it means to be assertive.

Ask your student about their positive emotions and how they help them when making decisions.

Ask your student to think of a time when someone tried to pressure them into doing something they didn't want to do. How did they handle it?



Parent Resources

Emily's Hope Substance Use Prevention Curriculum

<https://emilyshopeedu.org/>

Emily's Hope Parent Resources

<https://parents.emilyshopeedu.org>

Emily's Hope website

<https://emilyshope.charity/>