

Dear Parents and Guardians,

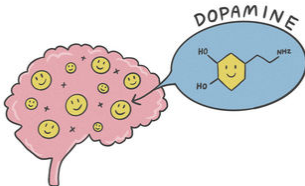
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week, your child learned about how both legal and illegal substances can affect their brain. Your child learned about the brain's natural reward center. This center releases dopamine, our brain's natural "feel good" chemical. However, substances can imitate this natural occurrence, leading to addictive behaviors and long-term health consequences.



Why it Matters

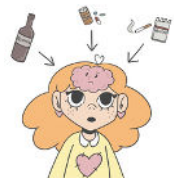
Our brain and bodies take years to fully develop. Substance misuse and alcohol at early ages can interfere in that development and increase the likelihood of addiction in the future.



Conversation Starters

Discuss the importance of making healthy decisions with your student. Encourage your student to feel confident in saying no to peer pressure.

Discuss with your student the differences between legal and illegal drugs. Highlight the importance of following prescription medications as outlined by a physician.



Have a family discussion on medication safety in the home environment.



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/>