



HOME CONNECTIONS

Third Grade / Your Health/My Health

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 about safeguarding their health as well as their peers' health. Your student learned a valuable life skill in being able to identify when they or someone they are with gets hurt/injured.

Using the PTA (Pause-Think-Act) approach, they will be able to respond to these situations clearly and promptly.



Why it Matters

Learning the "Pause, Think, Act" strategy is important for children because it develops self-regulation and helps them manage their emotions by helping them to think logically before acting. This skill fosters crucial social-emotional development and problem-solving abilities, ultimately leading to better outcomes in managing impulsive behaviors, handling conflict, and making safer choices.

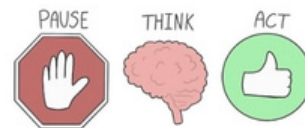


Conversation Starters

Ask your child to explain the P-T-A (Pause-Think-Act) strategy to you.

Ask your student to share with you a time they were around someone who was hurt/injured. How did they respond?

Role-play different scenarios with your child on how they might respond to someone getting a minor scrape or someone who has a serious bodily injury.



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/>