

Dear Parents and Guardians,

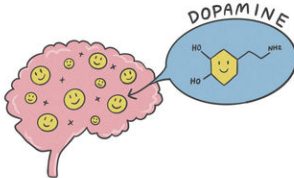
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week, your student learned about substance use disorders. Your student was introduced to body chemicals like dopamine & serotonin to help them understand how they impact our moods and behaviors. Your student also learned the importance of making healthy decisions, protecting their bodies, and recognizing the signs of substance use disorder.



Why it Matters

It is important at a young age to learn about substance use disorders because education empowers students to make informed decisions, resist peer pressure, and recognize early warning signs in themselves and others. This is crucial for preventing addiction and long-term health consequences.



Conversation Starters

Encourage your student to discuss their goals and the healthy choices they can make to achieve them.

Discuss with your student the potential consequences of unhealthy choices.



Reinforce to your student that engaging in healthy activities like exercise, spending time with family, or enjoying a favorite hobby also naturally releases dopamine in their brain. They can achieve these feelings naturally, without dependence on substances.



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/>