



HOME CONNECTIONS

Third Grade / Pressures

Dear Parents and Guardians,

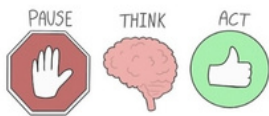
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week the focus of the lesson was recognizing healthy friendships and developing healthy relationship goals. We all have different influences in our lives. Some influences are positive, and some influences may be negative. Children need to be able to identify both positive and negative peer influences or pressure and know how to respond in a safe and healthy way.



Why it Matters

Identifying positive and negative influences is important for children because it empowers them to make better choices, leading to improved emotional well-being and academic success.

By observing positive models and following healthy examples, children can cultivate a positive mindset, build confidence, and develop crucial social and emotional skills.

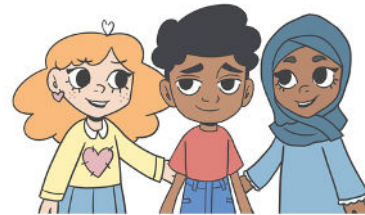


Conversation Starters

Ask your student who their closest friends are. Have them share why they chose to be their friend.

Ask your student to share why it is important to have good friends.

Ask your student to share with you if they've ever been pressured to make a negative choice through peer influence. How did they respond? What could they do differently next time?



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/>