

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 lesson focused on learning about the power of their own brains. Our brains are part of the larger body's nervous system. This system is how our brain is able to communicate with the rest of our body and vice versa.

Our hypothalamus is a gland in the brain responsible for regulating body temperature, hunger, thirst, and fatigue. Our pituitary gland is a gland within our brain responsible for regulating growth & development.



Why it Matters

Learning about the different parts of the brain helps children understand how their body and brain are connected. Understanding that healthy habits and routines support both body and brain development is a critical life skill. This knowledge can also help them understand the need to develop healthy habits and how the decisions they make can affect their brain's healthy development.

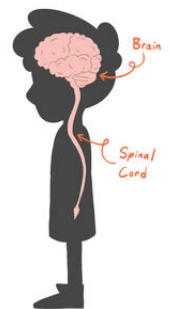
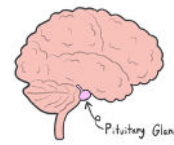
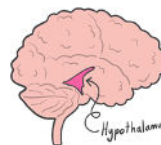


Conversation Starters

Ask your child how their brain helps to regulate their body temperature.

Ask your child how their nervous system is different from their skeletal or muscular system.

Discuss with your child how their brain can send messages to other parts of their body.



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/>