

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 (SUDs). SUDs occur when there is recurrent use of drugs/alcohol that causes significant impairment, health problems, disability, and failure to meet regular, responsible duties. Substances are often used to give us "false feelings" that our body's natural chemicals provide, like dopamine, serotonin, endorphins, and oxytocin. SUDs occur when our bodies crave these false feelings more and more instead of responding to our bodies naturally.



Why it Matters

Learning about substance use disorder is important for children because it helps them understand the risks and make informed decisions, which can prevent them from developing problems later in life. Early education also empowers children to recognize warning signs in themselves or others and know where to seek help if needed.

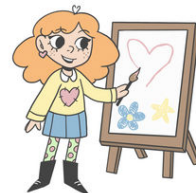
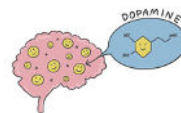


Conversation Starters

Ask your student to share with you how someone might develop a substance use disorder.

Ask your student to share what tolerance is when using substances and how dangerous it can be.

Dopamine is our body's natural "Happy Chemical". Ask your student to share some healthy ways they can boost their dopamine levels (exercise, getting good grades, spending time with family/ loved ones, etc).



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/>