



HOME CONNECTIONS

Fourth Grade / Pressures

Dear Parents and Guardians,

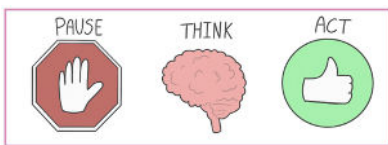
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week your student learned about recognizing negative influences and pressures from their peers. Your student learned the importance of saying "No" when feeling uncomfortable or being pressured into unhealthy behaviors. Using the PTA (Pause, Think, Act) approach your student learned a valuable tool that can be used throughout their whole lives.



Why it Matters

Learning to say "no" empowers children to make independent decisions, stay true to their values, and avoid risky behaviors that can have negative consequences. This skill is important because it builds self-esteem and resilience, helping them develop into confident individuals who can navigate social situations without compromising their beliefs.



Conversation Starters

Ask your student to discuss or write down a list of positive and negative influences in their lives. Ask them to explain why they feel this way and reinforce the positive responses.



Ask your student about a time a peer tried to pressure them into something they didn't want to do. Ask your child how they handled it.

Role-play peer-pressure scenarios together to prepare your student for future peer pressure.



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/>