

Dear Parents and Guardians,

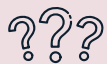
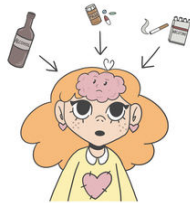
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week your student learned about both the positive and negative influences within their own life. These may be different for each person, but we've all faced consequences from negative influences. We've also had advocates who have promoted and supported our personal well-being. The goal for our children is to surround themselves with more positive than negative influences.



Why it Matters

Learning to recognize positive and negative influences is important for children to build resilience and confidence. By understanding the impact of their social environment, they can make better choices that promote their overall well-being, develop positive relationships, and form a stronger sense of self.



Conversation Starters

Ask your student to list the positive influences in their life and why they think that way.

Have your student share some of the consequences they've experienced from bad influences. What have they learned?

Ask your student to share a time their friend(s) were pressuring them into doing something they didn't want to do. How did they respond?



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/>