



HOME CONNECTIONS

Sixth Grade / My Body

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 the systems that make up their body, as well as the changes they will experience as they continue to develop. Our nervous, respiratory, cardiovascular, muscular, and digestive tracts make up all the different systems within our body. Each serves a unique purpose. It is important to understand how our bodies change, especially as we grow from children into young adults. We all experience physical, emotional, and hormonal changes as we continue to develop.



Why it Matters

Learning about body and hormonal changes helps children understand their development, which normalizes these experiences and builds self-awareness and confidence during a confusing time. This knowledge also provides them with the foundation to recognize and communicate about their health, setting them up for a healthier transition into adulthood.



Conversation Starters

Ask your child which bodily system acts like a "sponge," breaking down all of the nutrients we put into it.

(Digestive)



Talk to your child about changes they are experiencing in their own bodies. How do they feel differently? How do they feel the same?

Reinforce to your child that all bodies are unique. Each will develop at their own pace/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/>