



HOME CONNECTIONS

Sixth Grade / Pressures

Dear Parents and Guardians,

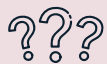
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week, your student learned about the positive and negative influences in their life, as well as the power in saying "No". Most of us have experienced peer pressure from time to time. We understand that it can be difficult for a child to say "No" especially if they don't want to be different from their peers. Using the PTA (Pause, Think, Act) approach, your student can clearly articulate what they are saying "No" to and, hopefully, feel confident in their decision.



Why it Matters

The "pause, think, act" is an important tool for children to manage impulsive reactions by creating a moment for reflection instead of immediately giving in to peer pressure. This practice helps them develop self-control, consider the consequences of their actions, and align their decisions with their own values, rather than just following the group.

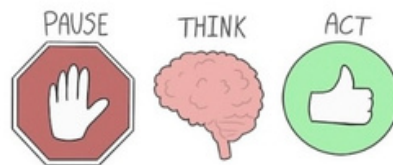


Conversation Starters

Have your student explain the PTA (Pause, Think, Act) approach to you and when they might use it.

Ask your student to share what negative influences have been in their life and how they might limit them moving forward.

Ask your student to share the positive influences in their life and how they might lean on them more moving forward.



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/>