



HOME CONNECTIONS

Sixth Grade / Your Health/My Health

Dear Parents and Guardians,

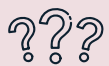
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week your student learned about healthy and risky behaviors. Risky behaviors can be dangerous not only to ourselves but also to those close to us. When you mix risky behavior along with danger, there is a fairly good chance that you'll end up in an emergency situation sooner rather than later. By practicing healthy behaviors, our bodies adjust, and the more we practice, the easier it gets for us.



Why it Matters

Identifying the difference between healthy and risky behaviors is important because it equips children with the skills to make informed decisions, protecting them from serious consequences while allowing them to develop confidence. By learning to assess risks, children can navigate social pressures and make choices that promote their long-term physical and mental well-being.



Conversation Starters

Using their own words, have your student explain to you what risky behaviors are and how dangerous they might be to themselves and others.

Together with your student, list out healthy behaviors you'd like to practice more (regular sleep, proper nutrition, and regular exercise are all great examples).



Ask your student to share a time when their risky behavior had an unintended consequence. What did they learn from it, and how will they avoid it 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/>