



HOME CONNECTIONS

Sixth Grade / My Brain on Substances

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 functioning of their own brain and how substances can interrupt or even give us false impressions of how our brain works. When we experience joy, sorrow, grief, or even fear, there is a chemical release in our body that is our natural response to those emotions. Substances can imitate these chemicals, giving us false impressions, or they can dull our senses to the "hard" emotions that we want to escape from.



Why it Matters

Understanding how substances affect the brain is crucial for children because their brains are still developing, making them more vulnerable to permanent damage. This knowledge empowers them to make informed, healthy decisions and resist misinformation about drug use, rather than simply reacting out of fear.



Conversation Starters

Ask your student to share a memory of a happy event and what about it gave them that emotion.



Review with your student the trusted adults in their lives whom they can talk to when experiencing "hard" emotions like sadness, anger, or anxiety.



Together with your student, share what you are each fearful of. How might you support one another in confronting that fear together?



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/>