

Dear Parents and Guardians,

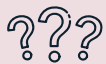
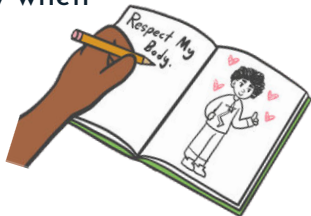
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This lesson's focus was on the visible and invisible changes occurring in their bodies as they grow from children into young teenage adults. We recognize outwardly how our bodies continue to mature, but it is just as important to recognize the internal changes happening within our bodies, too. Especially when it comes to hormonal growth and development.



Why it Matters

Learning about hormonal growth and development is important for students because it explains the physical, emotional, and cognitive changes of puberty, helping them understand their own bodies and minds, make informed health choices, and normalize the experiences of growing up.



Conversation Starters

Ask your student to describe to you in what ways their bodies feel different today as opposed to a year ago.

Ask your student about ways to keep their bodies healthy as they continue to mature/ develop.

Discuss with your student about any changes they have noticed among their peer groups. Has this helped them recognize their own changes?



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/>