

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 managing emotions when it comes to both positive and negative stress. We all have stress in our lives. Our bodies, being a resilient system, are built to adapt to stress. Positive stress can help us to take action when feeling in danger or meeting a deadline at school or work. This stress is healthy. Negative stress is an overwhelming stress that makes us feel that no matter what we do, it won't help our outcome. Negative stress in a constant/chronic manner can be damaging to our mental, emotional, and physical health.



Why it Matters

Understanding stress helps children learn to recognize and manage different types of stress, which builds resilience and motivation rather than anxiety. By distinguishing between positive stress and negative stress, children can learn how to use positive stress for growth and coping strategies to manage negative stress, preventing negative health impacts such as anxiety or physical symptoms.



Conversation Starters



Ask your student about the last time they felt stressed. How did they manage it, and what might they do differently?

Together with your student, list the types of healthy or positive stress and unhealthy or negative stress.

Ask your student to share how having stress can help keep us healthy.



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/>