



HOME CONNECTIONS

Seventh Grade / My Brain on Substances

Dear Parents and Guardians,

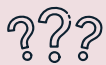
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week your student learned about the impact of substances on the brain. Our minds are a fascinating web of components that are important to the overall health and well-being of our entire body. When substances are introduced to our body, they can have a negative impact on our entire health system, especially when that substance is abused. Drugs in the form of medication, when used appropriately, can be helpful. However, the misuse of drugs and/or alcohol can have long-term health consequences on our brains and entire bodies.



Why it Matters

Understanding substance effects helps children make informed decisions based on facts rather than peer pressure or misinformation. This knowledge is especially important because a child's brain is still developing and is more susceptible to the severe, long-term harm caused by substances.



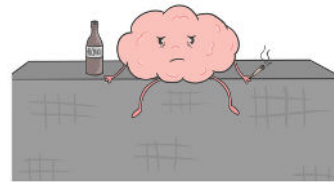
Conversation Starters

Ask your student to share how substances can impact their mind/body.

Together with your student, discuss how appropriate drug use, in the form of medication, can help maintain their health/wellbeing.



Ask your student to share how alcohol affects their "motor" skills. How can this be harmful to themselves or others?



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/>