



HOME CONNECTIONS

Seventh Grade / Substance Use Disorder

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 substance use disorder (SUD). SUD is a gradual process that starts with experimentation, occasional use, and then regular use, which can grow into addiction as the body begins to adapt and build a tolerance to the substance. This leads to the individual needing more of the substance to feel the same effect. It is a dangerous progression that can affect anyone, especially adolescents and teens with developing brains.



Why it Matters

Understanding substance use disorders is important for children because it builds their resilience and helps them make informed decisions, preventing them from starting to use substances during a vulnerable period when the brain is still developing.

This knowledge helps them cope with someone they know who may have a substance use disorder, fostering empathy, reducing anxiety and guilt, and building stronger, healthier relationships.



Conversation Starters

Ask your student to share, in their own words, what substance use disorder is and how they might recognize it in others.

Have your student explain risk and protective factors. Help them identify risk and protective factors in their own life.



Individual



Community



Relationships

Ask your student to share what their future could look like. How might harmful substance use impact their future self?



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/>