



HOME CONNECTIONS

Eighth Grade / My Body

Dear Parents and Guardians,

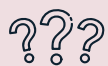
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This lesson's focus was on understanding the concept of respect. Your student learned what it means to value and appreciate both themselves and others. We discussed how respect applies to our bodies, personal choices, and boundaries, and why respecting consent (our own and others') is key to healthy relationships.



Why it Matters

Respecting bodies is important because it teaches children about bodily autonomy, self-worth, and healthy relationships. It helps them understand they have the right to make decisions about their own bodies and builds confidence, which empowers them to set boundaries and say "no" when they feel uncomfortable.



Conversation Starters

Ask your student to share how they practice having respect for their own body.



Together with your student, list ways to keep your bodies healthy and active.



Discuss with your student the importance of respecting everyone's body. How can they show this respect?



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/>