

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 their emotions. More importantly, they learned about the triggers, challenges, and coping mechanisms that come from managing our own internal emotions. We all have experiences in our lives that impact us in some shape or form as we move forward. Being able to recognize our emotions as well as the triggers associated with them helps to build resiliency and self-efficacy.



Why it Matters

Understanding triggers, challenges, and coping mechanisms is crucial for children because it builds their emotional intelligence, helping them manage difficult feelings and behaviors in healthy ways. This knowledge empowers them to navigate stressful situations, reducing negative reactions and fostering resilience to become more independent and emotionally regulated adults.



Conversation Starters

Ask your student to share some emotions they have felt recently. Did anything spark their reaction?

Ask your student to share something in their lives that they feel is challenging and how they are coping with it.



Discuss with your student any triggers they might have when facing hard emotions like sadness, anger, or fear. How might they avoid or work around these triggers in the future?



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/>