



HOME CONNECTIONS

Eighth Grade / Your Health/My Health

Dear Parents and Guardians,

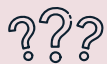
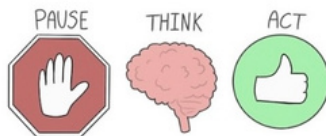
Your child's school has teamed up with Emily's Hope to bring a unique Substance Use Prevention Curriculum to students. The curriculum is designed to teach students about how their brain develops, understand their emotions and pressures, and help children build the skills and confidence to make healthy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



Lesson Highlights

Key Learning Adventures:

This week your student learned about health and risk behaviors. These are the everyday choices we make for ourselves that have short- and long-term effects on our physical and mental/emotional well-being. Using the PTA approach (Pause, Think, Act), students also learned what healthy and risky behaviors look like on social media today.



Why it Matters

Learning about healthy and risky behaviors is important for students because it helps them make informed decisions and develops a foundation for lifelong health and well-being during their formative years. Understanding the potential consequences of unhealthy choices equips them to navigate peer pressure and make safer choices.



Conversation Starters

Ask your student to describe to you the differences between health and risk behaviors. Have them share examples of each from their own experience.

Together with your student, create SMART (specific, measurable, attainable, relevant, and timely) health goals. Increasing physical activity, nutrition, sleep, mental health, and social media boundaries are all good goals to consider.

GOALS

Discuss with your student their approach to Netiquette (social media etiquette). What methods do they use to ensure their posts are safe and respectful?



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/>