

### 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:

Your student learned about keeping their bodies healthy. By doing so, they are keeping their friends and family healthy as well. Your child learned how something as simple as washing their hands kills germs and bacteria. Using glitter, students learned how quickly germs can spread when we touch things. They also learned that a simple task like brushing their teeth is an important part of their daily health.



### Why it Matters

By taking care of our own bodies, we help limit the exposure of any harmful germs or bacteria to our friends or family. Our health journey doesn't just help us; it's also about protecting those who are most important in our lives.



### Conversation Starters

Ask your student about ideas they have to keep their bodies healthy.

Have your student explain to you the importance of brushing their teeth regularly.



Discuss healthy habits and routines that can occur at home, and practice them with your child.

Some examples of healthy habits include brushing teeth, maintaining regular bedtimes, choosing healthy snacks, and taking a walk each day.



### 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/>