



Home Connection

Avoiding drugs and alcohol

Dear _____,

I wanted to share with you what your student has been learning about the important topics of drugs and alcohol. We discussed what alcohol is, how to avoid peer pressure, and how alcohol impacts the brain and overall health. Students learned that alcohol, a depressant, can alter perception, thoughts, and bodily functions. We also explored how underage drinking negatively affects brain development and how substance use disrupts essential aspects of health like sleep, hydration, and nutrition. We discussed the four main classifications of drugs: stimulants, opiates, depressants, and hallucinogens, and their various impacts. For example, students learned how stimulants like caffeine can make you feel more alert, while depressants like alcohol can slow down the central nervous system, creating a sense of relaxation but also posing significant risks.

In groups, students brainstormed effective ways to say "no" in peer-pressure situations and practiced using these strategies. They also learned about the dangers of binge drinking and how it can impair judgment and lead to risky behavior.

To continue this important conversation at home, please ask your student: "What are some healthy strategies to avoid peer pressure and make safe choices regarding alcohol?" This can be a great opportunity for a meaningful discussion about the importance of making informed decisions and staying healthy.

Please do not hesitate to reach out with any questions or concerns.

Best,
