

Dear Parent/Guardian,

Your child's class is starting a social and emotional learning program called *Too Good for Drugs* to develop skills children need to make healthy choices and achieve success. This program was developed by the Mendez Foundation, a leader in K-12 educational programs.

The goal of *Too Good for Drugs* is to build children's social-emotional skills and empower them to be strong learners, make healthy choices, and be more resistant to negative peer pressure and influence. Children who learn and use the skills taught in this program are more likely to have a positive attitude, make responsible decisions, get along with their peers, and perform better in school.

The *Too Good for Drugs* program is divided into two units. Unit 1 teaches five core social-emotional skills. In Unit 2, students practice and apply the social emotional skills they learned in Unit 1 and learn how to stay safe and make healthy choices.

UNIT 1

Lesson 1: Setting Reachable Goals

Children learn how to set and achieve personal goals.

Lesson 2: Making Responsible Decisions

Children learn how to anticipate consequences of choices and make responsible decisions.

Lesson 3: Identifying and Managing Emotions

Children learn how to identify and manage their emotions.

Lesson 4: Effective Communication

Children learn and practice active listening techniques.

Lesson 5: Bonding and Relationships

Children learn how to make and keep healthy relationships.

UNIT 2

Lesson 6: Managing Peer Pressure

Children learn and apply peer-pressure refusal strategies.

Lesson 7: Managing Disappointment

Children learn how to respond to disappointment in positive ways.

Lesson 8: Understanding the Safe Use of Prescription and OTC Medicines

Children differentiate safe and unsafe use of prescription and over-the-counter medicines.

Lesson 9: Identifying and Avoiding Harmful Substances

Children learn to identify and stay safe when encountering harmful substances.

Lesson 10: Making Healthy Choices

Children learn the benefits of making healthy choices related to food, rest, and exercise.

Throughout the program, your child will bring home short, fun Home Workouts for you to do together. These activities will keep you tuned in to what your child is learning and help you practice and reinforce the skills at home.

Please contact me if you have any question about the *Too Good for Drugs* program. You can also visit the Mendez Foundation's website at toogoodprograms.org to learn more about the course and its research and evidence. I look forward to working together with you to prepare your child for success in school and in life.

Sincerely,