



April 18, 2008

Dear Fifth Grade Parent and Caregivers,

For the next few weeks I will be teaching guidance classes covering; drug and alcohol awareness, peer pressure, and personal safety. Below is a brief outline of what will be covered in each class.

1. Drug and Alcohol Awareness
 - a. What are drugs?
 - b. What are harmful substances?
 - c. Why are drugs harmful to 5th graders?
 - d. Why do people choose to do them?
 - e. What can you do to keep yourself safe?
2. Peer Pressure
 - a. Define peer pressure
 - b. What are some of the things that your peers may pressure you to do?
 - c. Refusal Skills – How to say “NO” and mean it.
 - d. Refusal skills activity with peers
3. Personal Safety
 - a. Define physical abuse
 - b. Discuss right to privacy of your body
 - c. Define sexual abuse
 - d. How to protect yourself (NO, GO, TELL)
 - e. Common Sense Safety Rules
 1. Get permission from your parents
 2. Go with a friend
 3. Use refusal skills
 4. Know how to get help

If you have any questions or would like more information to share at home, please contact me.

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