

Dear Parent/Guardian,

In the next few weeks, your child will be learning about alcohol. Using resources developed by Peel Public Health that support the Ministry of Education's Ontario curriculum, students will learn about:

- the short and long-term effects of alcohol use.
- what influences people to drink alcohol.
- how to refuse alcohol.
- skills to make healthy decisions.

While your child is learning about alcohol at school, this is the perfect time to talk about alcohol and other drugs at home. It is a chance to reinforce what they are learning in school and to talk about your family's values. Research indicates that starting conversations about alcohol at a young age can positively impact children's decisions regarding substance use. This will help equip your child with skills that will be important in making good decisions as they get older.

We encourage you to ask your child what they are learning about alcohol at school and to talk with them about it. To further support these conversations, additional information on drug awareness can be found at drugfreekidsCanada.ca.

Thank you for talking with your child about the importance of making healthy decisions and the risks associated with alcohol and drug use. In doing so, you are helping them to develop skills that will keep them healthy!

Sincerely,

