

## Letter for Parents/Caregivers

Lesson Title: Alcohol's Effect on the Mind and Body

Page 1 of 1

Name: \_\_\_\_\_

Dear Parent/Caregiver:

Your child has been working on a lesson entitled **The Effects of Alcohol on the Mind and Body**. Along with the class, your child has been learning about the short- and long-term effects of alcohol use. They also have taken a short survey to find out what they already know about the topic and what misconceptions they may have.

We wanted to inform you about our work on this lesson so that you will be prepared to discuss these issues at home. A helpful resource for getting a productive conversation started is *Make a Difference: Talk to Your Child about Alcohol*, which is available online at: <http://www.alcoholfreechildren.org/en/pubs/pdf/makeadifference.pdf>. Over the next few weeks, we will discuss other topics related to teen drinking, including peer pressure and strategies for saying no.

Thank you for your support of our work on this important topic. If you have any questions, please do not hesitate to get in touch.

Sincerely,