



Lesson 1:

Choices/Addiction

Dear Parent/Guardian,

Through the D91 Proud CHOICES program, elementary school counselors are working with 6th grade students to focus on making healthy lifestyle choices, future plans, and commitments. Join our efforts to help children become socially and emotionally strong by asking them about what they are learning.

Lesson 1: Choices/Addiction

This lesson looks at addiction and why and how people become addicted to things.

Ask Your Child About:

Addiction:

- Why do people become addicted?
- What are some of the risk factors for addiction?
- What do people become addicted to?
- Do you have questions about addiction?

Emotions:

- What are some ways that you can deal with emotions and difficult situations?

Peer Influences:

- What is the difference between a positive and a negative influence?
- Tell me about your peer influences.
- What makes you proud? Why?

Learn More With Your Child: www.ifschools.org

Up Next: Lesson 2: Social Media/The Brain