



Lesson 6:
Commitment

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 6: Commitment

Students in this lesson have learned that making a commitment means being dedicated to a cause or activity. It is the last of the six capstone lessons in the D91 CHOICES program. This program is designed to help children learn how to make informed choices. Children so far have learned how drugs, alcohol and other harmful activities can harm their bodies and hinder them from achieving their goals. They also have learned how making plans and commitments can help them prepare for the future. Learning how to make informed choices is an important skill because the choices children make now can impact their future.

Ask Your Child About:

- What commitment did you make as part of the D91 CHOICES program?
- How can the family support you in keeping those commitments?
- What challenges might you face as you try to fulfill your plans?
- How can we help you overcome those challenges?

Learn More About D91 CHOICES At: www.ifschools.org