

# DEAR PARENTS, FAMILIES, AND CAREGIVERS,

We are beginning the *Ask, Listen, Learn* unit on the impact of alcohol and marijuana on mental health. This curriculum focuses on positive strategies for coping with mental health challenges as opposed to turning to negative coping mechanisms such as underage drinking or underage marijuana use, both of which can negatively impact kids' developing brains.

According to Responsibility.org's 2025 Parents and Kids Survey, more than three out of four parents were concerned about both their kids' stress and anxiety, and mental health. The survey also showed that 59% of kids were worried about stress and/or anxiety and 44% of kids were worried about their mental health.

The *Ask, Listen, Learn* mental health lesson and video encourage your student to adopt healthy strategies for coping with stress and avoid unhealthy alternatives like underage drinking and underage marijuana use. The curriculum builds on lessons that empowers kids to make smart, informed choices by saying "YES" to a healthy lifestyle and "NO" to underage drinking.

Since mental health involves many different components, *Ask, Listen, Learn*'s curriculum teaches kids how various parts of the brain work together and how their roles impact different elements of mental health.

**Supporting your student is critical as they learn to make healthy and smart decisions. Knowing what's being taught in the classroom and continuing the conversation about mental health at home is also important. Keep the conversation going by asking your student to:**

- Describe what mental health is and how it relates to their developing brain;
- Explain how alcohol and marijuana negatively impact the developing brain and mental health;
- Brainstorm positive and negative strategies for coping with mental health challenges;
- Discuss how they might seek help from trusted adults when dealing with mental health challenges that feel overwhelming; and
- Work with you to create a list of people in their life they could go to when they are feeling overwhelmed.

**In addition to reviewing the *Ask, Listen, Learn* mental health materials we're using in the classroom, we invite you to explore these free resources that you can use at home:**

- [SAMHSA: For Parents and Caregivers of Children](#) - Helpful resources for parents and caregivers that include warning signs and tips for talking about mental health with your kids.
- [Child Mind Institute](#) - Articles and information about general topics relating to youth mental health.
- [Is Your Child at Risk?](#) - Risk assessment to help parents better understand your child's risks related to substance misuse.
- [Ask, Listen, Learn Parents Resources](#) - Tips and strategies for talking to your kids about mental health and the dangers of underage drinking and underage marijuana use.

We also encourage you to consult with the school's counseling and social work team if you have concerns regarding your child or another student.

Since the adolescent years are critical to development, empowering kids with tools to manage stress is paramount. We appreciate your partnership as you work to provide your adolescent with healthy ways to cope with stress and anxiety by saying "NO" to unhealthy coping strategies like underage drinking and underage marijuana use.



For more info head to [AskListenLearn.org](https://www.AskListenLearn.org)