

DEAR PARENTS,

We are beginning a series of lessons about how alcohol affects the developing brain. We will be using lessons and videos that are part of the [Ask, Listen, Learn: Kids and Alcohol Don't Mix](#) program.

Since the program began in 2003, underage drinking rates are down and conversations between kids and their parents and teachers are up. The discussions we have in the classroom and the talks you have at home matter. This long-standing program is intended to get kids talking with their caregivers and educators, ultimately empowering them to say “yes” to a healthy lifestyle and “no” to underage drinking.

As we partner together in this effort, I wanted to share the materials that we will be using in the classroom and provide conversations starters to help ensure you have all the resources to continue the conversation about the dangers of underage drinking. Additionally, included in these lessons is a module that addresses how cannabis affects the developing brain, which is educational for adults and kids alike.

Throughout this unit, we will be watching seven videos about various parts of the brain and how each are affected by alcohol (and an eighth about cannabis). Each of the eight brain videos has a corresponding lesson plan with classroom activities that feature traditional and interactive components and questions for discussion. All of the videos and classroom materials that we will be using can be found at [AskListenLearn.org](#).

Conversations about alcohol responsibility should begin early and last a lifetime. Knowing what is being learned in the classroom is a great way to start a discussion at home. If you find yourself getting stuck, look for real world examples that will get them talking.

Newspaper articles or current events about alcohol serve as ways to raise the issue and have kids share what they're learning. Express your reaction to these examples and ask your child for theirs. Provide factual information about how alcohol affects their growing brains and bodies to reinforce what is being learned at school.

Other ways you can get kids talking include asking them questions like:

- You know most kids your age don't drink, right?
- Do you have any questions about what you're seeing from your friends or peers—or even on social media?

Besides reviewing the Ask, Listen, Learn materials we are using in our classroom, I also recommend these free resources from [Responsibility.org](#):

- [Talking to Kids of All Ages About Alcohol](#) →
- [Advice for Parents By Parents](#) →

Thank you for being my partner in education.



For more info head to [AskListenLearn.org](#)