



Hello AHS 10th Grade Students and Caregivers,

As part of our ongoing commitment to providing health and wellness education for our students, we will offer substance use and misuse education to all of our 10th grade students this semester. Erin Skyles (LSW, Dean of Student Wellness) will provide 6 total class periods of parts of the Safety First curriculum for 10th graders in their core classes over the next couple of months. These classes will take place in Humanities classes on 12/4 and 12/6, in Math classes on 1/22 2/26 and in Physics classes on 1/29 and 2/19. You can read more about the Safety First educational program [HERE](#) and [HERE](#).

Safety First is an evidence-informed curriculum created by the Drug Policy Alliance in partnership with Stanford Medicine's REACH Lab. The curriculum strives to educate teenagers on substance use and misuse through compassionate, scientifically accurate and honest information. Topics we will be covering include: **What is a Drug?**, **How Drugs Work**, **The Impact of Drugs on the Developing Brain/Body**, **Harm Reduction**, **Important Information on Specific Drugs** (such as marijuana, nicotine and alcohol), and **Mental Health and Coping**.

Research shows that caregivers have significant influence on their youth's decision-making process when it comes to trying or using illegal substances. Here are some resources for caregivers on this topic:

[Safety First Informational Booklet](#)

[SAMHSA: Why You Should Talk With Your Child About Alcohol and Other Drugs](#)

[Partnership to End Addiction: Prevention and Early Action](#)

[Child Mind Institute: How to Talk to Your Teen About Substance Use](#)

**Please contact Erin Skyles at [erin.skyles@animashighschool.com](mailto:erin.skyles@animashighschool.com) or (970)247-2474 x2270 if you would like to opt your student out of this program, receive more information or ask any follow up questions.**