<<FEEL FREE TO ADD YOUR LETTERHEAD>>

<<Today’s Date>>

Dear Parent or Caregiver,

<<Next week or on \* dates>>, students will begin participating in 5 class sessions from the [Tobacco Prevention Toolkit](http://med.stanford.edu/tobaccopreventiontoolkit.html), a curriculum developed by [the Toolkit Team](http://med.stanford.edu/tobaccopreventiontoolkit/about/OurTeam.html) at Stanford University’s School of Medicine with input from youth, teachers, researchers, physicians, and other health professionals.

The [Tobacco Prevention Toolkit](http://med.stanford.edu/tobaccopreventiontoolkit.html) is an age-appropriate, research-informed and validated set of curriculums to help prevent students from starting or escalating use of any tobacco product. The goals of this Toolkit are for students to understand basic information about tobacco products, including e-cigarettes/vape pens, and the harm they cause; gain awareness of strategies manufacturers of tobacco, including e-cigarettes/vape pens, employ to increase use among adolescents through deceptive marketing strategies; and to gain skills to refuse experimentation and use of tobacco.

This five-session curriculum addresses three main issues:

* Addiction (Brain Development & Nicotine Addiction)
* General Tobacco (History of Tobacco)
* E-Cigarettes and Vape Pens (Flavors, Manipulation, & Marketing targeted to youth)

The focus of the curriculum is on encouraging non-use, learning to recognize pressures to use, and developing and practicing skills to resist these pressures. <<\*\* Unified School District/School \*\*>> is committed to providing the most effective approaches to preventing the use of tobacco in our schools and communities. We know that prevention of drug use is most effective when it is a partnership between the community, the home, and the school.

[Research consistently shows](https://www.drugabuse.gov/publications/preventing-drug-use-among-children-adolescents/prevention-principles) that teens who learn about the risks of drugs at home, from parents or caregivers, are less likely to use substances than teens who report learning nothing about the risks at home. However, getting the message across is not easy. Thus, the Stanford Tobacco Prevention Toolkit through their five-session curriculum offers [discussion guides](http://med.stanford.edu/tobaccopreventiontoolkit/take-and-teach/discussion-guides.html) that can be shared between the student and a trusted adult. These essential conversations are geared towards opening up lines of communication, not finding right or wrong answers. Parents are encouraged to talk less and listen more.

You can learn more about this curriculum at:

<http://med.stanford.edu/tobaccopreventiontoolkit/curriculum-decision-maker/by-time/5week.html>

Please feel free to contact me at the email below if you have questions about this program.

Sincerely,

<<\*ADD EDUCATOR INFO>>