<<FEEL FREE TO ADD YOUR LETTERHEAD>>

<<Today’s Date>>

Dear Parent or Caregiver,

<<Next week or on \* dates>>, students will begin the three-session [Cannabis Remote Learning Curriculum](http://med.stanford.edu/cannabispreventiontoolkit/Remote-LearningCurriculum.html) from the [Cannabis Awareness and Prevention Toolkit](https://med.stanford.edu/cannabispreventiontoolkit.html). Students will begin learning about cannabis prevention using the Stanford Cannabis Toolkit, a curriculum developed by [the Toolkit Team](http://med.stanford.edu/cannabispreventiontoolkit/about/our-team.html) at Stanford University School of Medicine, with input from youth, teachers, researchers, physicians and other health professionals.

This program is an age-appropriate cannabis prevention and awareness curriculum that is aimed at: validating a teen’s choice not to use, investigating the reasons teens may be curious about using, and motivating teens who are already experimenting to reduce, pause, and/or quit their usage as a step towards living cannabis-free.

Lessons from the Cannabis Awareness and Prevention Toolkit focus on helping youth learn about cannabis and its harms, particularly and its effects on the adolescent brain. The lessons also help motivate students find their individual motivations to not use or reduce use, and to recognize pressures to use, and to develop and practice skills to resist these pressures. This three-session curriculum addresses: What We Know About Cannabis, Health Outcomes of Cannabis Use, and being High on Life/Cannabis-Free.

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 cannabis 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 Toolkit 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/cannabispreventiontoolkit.html>.

Additionally, feel free to contact me at the email address below with any questions.

Sincerely,

<<\*ADD EDUCATOR INFO>>