<<EDUCATORS: FEEL FREE TO ADD YOUR LETTERHEAD>>

<<Today’s Date>>

Dear Parent or Caregiver,

As you probably know, adolescents’ use of drugs such as alcohol, tobacco, cannabis, opioids including fentanyl, psychedelics, and others has increased in recent years. Fundamentally, it is important that we provide students with comprehensive drug education.

We have decided to utilize the Stanford [Reach Lab](https://med.stanford.edu/adolescent/research/Research.html)’s [Safety First: A Comprehensive, Harm-Reduction-Based, Drug Intervention Curriculum](https://med.stanford.edu/halpern-felsher-reach-lab/preventions-interventions/Safety-First.html#introduction). Safety First is a theory-based and evidence-informed curriculum that encourages all youth to abstain from using drugs, but also includes a clear harm-reduction message for youth who are experimenting or using, to provide high school students with scientifically accurate information to empower them to quit and/or reduce harm, should they choose to continue to use.

 <<Next week or on \* dates>>, students will begin learning about comprehensive drug education through Stanford’s “Safety First.”

**What to expect from the Curriculum:**

**Educating and empowering teenagers to make safe and healthy choices must be our highest priority. The REACH Lab and Safety First do this by:**

* Encouraging youth not to use drugs in the first place
* Encouraging youth who are already using to stop or at least cut back or make alternative choices to reduce their risk
* Providing straightforward, science-based information
* Exploring the risks and perceived benefits of drugs
* Prioritizing safety through personal responsibility and knowledge.

**Harm Reduction Education**

* A harm reduction approach to drug education discourages young people from using drugs, but offers more than an abstinence-only approach by providing teenagers with information to keep themselves and others safer if, and when, they encounter these substances.

**Safety First DOES:**

* See abstinence as an important, and primary, strategy in reducing drug harms.
* Empower teens to make healthier choices through accurate information.
* Recognize that some teens will try drugs.
* Encourage teens to take steps to reduce the potential harms of drug use.

**Safety First DOES NOT:**

* Encourage or condone teen drug use.
* Teach teens how to use drugs
* Judge teens who use drugs.

The Safety First curriculum includes 13 lessons, each providing activities, presentations, resources, and other materials aimed at addressing key factors associated with teen substance use.

<<\*\*School District/School \*\*>> is committed to providing the most effective approaches to preventing teen substance use 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.

If you have any questions about this curriculum, you can email the Stanford REACH Lab team at: stanfordreachlab@stanford.edu.

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

Sincerely,

<<\*ADD EDUCATOR INFO>>