



**NO1**  
**PROUD**  
**CHOICES**

**Lesson 3:**  
**Substance Abuse**  
**Prevention:**  
**Tobacco & Marijuana**

Dear Parent/Guardian,

Through the D91 Proud CHOICES program, elementary school counselors are working with 6th grade students to focus on making healthy lifestyle choices, future plans, and commitments. Join our efforts to help children become socially and emotionally strong by asking them about what they are learning.

### **Lesson 3:**

### **Substance Abuse Prevention: Tobacco & Marijuana**

This lesson looks at the effects of tobacco and marijuana on the body and the brain. It also looks at the dangers of vaping and how some companies are trying to make vaping attractive to youth.

#### **Ask Your Child About:**

- Tell me how tobacco is used.
- What are some of the effects of tobacco?
- Why do you think vaping is attractive to youth?
- How is marijuana used?
- What are some of the short-term and long-term effects of marijuana?

***Learn More With Your Child: [www.ifschools.org](http://www.ifschools.org)***

### **Up Next: Lesson 4:**

### **Substance Abuse Prevention: Alcohol & Inhalants**