



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

**Lesson 4:**  
**Substance Abuse**  
**Prevention:**  
**Alcohol & Inhalants**

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 4:**

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

This lesson addresses the effects of alcohol and inhalants on the body and the brain. It also looks at how companies may make alcohol attractive to our youth and the affects of inhalant use.

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

- Tell me about some of the effects alcohol can have on your body and brain.
- What are two short-term consequences of intoxication?
- What are two long-term consequences alcohol can have on brain development?
- What are inhalants?
- What are different types of inhalants?
- What effects do inhalants have on your body and brain?

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

**Up Next: Lesson 5: Identifying Hopes & Plans**