



Too Good for Drugs Grade 2

Home Workout

for Parents and Kids

Dear Parent:

Our class is participating in *Too Good for Drugs*, a prevention program designed by the Mendez Foundation to teach skills for living healthy, drug-free lives. We are excited about this opportunity to teach goal setting, decision making, communication, peer pressure refusal and wellness skills.

Children are twice as likely to learn, remember and use skills when their parents are involved. We invite you to be a part of this prevention program.

We began the program with a lesson about setting positive goals. We learned that we are more likely to achieve our goals when we track our progress every day.

Please help to teach your child this important skill. Ask your child to set a goal. With your child, fill in the chart below and post it on your refrigerator. When your child has reached the goal, sign the chart and have your child return it to school.

Thank you for helping to teach your child that we are all "Too Good for Drugs."

Sincerely,



My goal is to

every day for one week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Child's Name _____

Parent's Signature _____

I did it!



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We are learning to stop and think before making a decision. Today we sang a so called "Stop and Think" song. The words to the chorus are inside the stop sign on this page. Please ask your child to sing the chorus of the song with you. Then read each scenario beneath the stop sign. Help your child to make a good decision about each one.



&



Stop and think
That's the important link.
For giving yourself some time
Before you make up your mind.

Stop and think...
When you're teetering on the brink.
It will help you make a good choice
If you'll stop and think.

- A stranger asks you to get in his car and show him where the grocery store is.
Stop and Think: What should you do?
- You have homework. Your friend comes over and wants you to play.
Stop and Think: What should you do?
- You promised your sister you would play a game. Your friend calls to talk on the phone.
Stop and Think: What should you do?
- You feel frustrated because you don't understand the math homework.
Stop and Think: What should you do?
- Your parent said you should walk straight home after school, but your friend wants you to stop at the playground on the way home.
Stop and Think: What should you do?