

PARENT INFORMATION/OPT-OUT REQUEST FORM

Medicine Safety/Substance Abuse Prevention Instruction

Dear Parents/Guardians,

To best prepare students to make healthy decisions throughout their lives, school counselors in all Prince William County elementary schools will be teaching one medicine safety/substance abuse prevention lesson to each grade level. These lessons are age-appropriate and increase in depth as students mature. The objectives are designed to inform students, to allow students to develop their own personal values and beliefs, and to address local health issues. The objectives follow both the research-based health objectives from the Virginia Board of Education and the American School Counselor Association's Mindsets & Behaviors.

The following objectives will be covered in the medicine safety/substance abuse prevention lessons:

Grade Level	Standards/Objectives	Title and Summary of Lesson
Kindergarten	VA Health SOLs K.1-3 <i>Related Standards:</i> ASCA Mindsets & Behaviors M1, B-LS.1, B-SMS.9	Safe/Unsafe Choices <ul style="list-style-type: none"> Students review the definition of medicine. Students learn about safe vs. unsafe choices and practice identifying them in different scenarios. Students learn a protocol if they come across an unfamiliar substance: <i>Don't touch! Don't taste! Tell a trusted adult!</i>
1 st Grade	VA Health SOLs 1.1-3 <i>Related Standards:</i> ASCA Mindsets & Behaviors M1, B-LS.1, B-SMS.9	Medication Safety <ul style="list-style-type: none"> Students review healthy choices and the definition of medicine. Students discuss why a trusted adult is needed when taking medicine. Students identify (draw) trusted adults at home and at school. Students discuss making safe choices in different scenarios.
2 nd Grade	VA Health SOLs 2.1-3 <i>Related Standards:</i> ASCA Mindsets & Behaviors M1, B-LS.1, B-SMS.9	Healthy and Unhealthy Choices: Substance Awareness <ul style="list-style-type: none"> Students review the definition of a drug. Students discuss harmful effects of drugs. Students practice making healthy vs. unhealthy choices in an activity. Students review the <i>Don't touch! Don't taste! Tell a trusted adult!</i> protocol. Students discuss appropriate responses to scenarios involving potentially dangerous situations.
3 rd Grade	VA Health SOLs 3.1-3 <i>Related Standards:</i> ASCA Mindsets & Behaviors M1, B-LS.1, B-SMS.9	Stop, Think, Chooses: Decision-Making and Substance Awareness <ul style="list-style-type: none"> Students discuss how to make positive decisions. Students learn the <i>Stop, Think, Choose</i> decision-making framework. Students practice using the decision-making framework to make decisions about medicines and drugs in scenarios.
4 th Grade	VA Health SOLs 4.1-3 <i>Related Standards:</i> ASCA Mindsets & Behaviors M1, B-LS.1, B-SMS.9	Lesson 1: Peer Pressure and Substance Awareness <ul style="list-style-type: none"> Students review the <i>Stop, Think, Choose</i> decision-making framework. Students learn the definition of peer pressure. Students discuss how to address and respond to peer pressure. Students work in small groups to practice peer pressure refusal skills. Students learn that we can be positive influences on each other and promote healthy choices.
5 th Grade	VA Health SOLs 5.1-3 <i>Related Standards:</i> ASCA Mindsets & Behaviors M1, B-LS.1, B-SMS.9	How Substances Affect the Brain <ul style="list-style-type: none"> Students learn how different substances affect the brain. Students discuss how to refuse harmful substances. Students act out refusal skills OR work together to create posters about refusal skills/how harmful substances affect the brain.

Knowing what is being taught in the classroom is a great way to start a discussion at home. Conversations about medication safety and substance abuse prevention, while difficult to start, should begin early and last a lifetime. Parents/guardians may find that incorporating real world examples helps children to talk.

Medicine safety/substance abuse prevention lessons will be taught in the month of October by the school counselors during classroom counseling lessons.

Please contact your school counselor, Lydia Larimore (KG, 2nd, and 4th) at larimolt@pwcs.edu or Loreisha Cooper (1st, 3rd, and 5th) at cooperls@pwcs.edu if you have any questions about the medicine safety/substance abuse prevention lessons.

If you determine your child should not be included in medicine safety/substance abuse prevention instruction this year, indicate your preference on this form and return it to your child's teacher. If you would like to request a paper copy of this form you may contact your school counselor. **Do not return this form if you wish for your child to participate.** Students who are opted out will be provided with non-punitive instructional activities during medicine safety/substance abuse prevention instruction. Unless you indicate otherwise, your child will be included in medicine safety/substance abuse prevention instruction. Opt-out forms must be returned by **September 27, 2024**, to ensure they are received by the school counselors prior to the lesson being taught.

Please indicate with a checkmark below if you wish to remove your child from medicine safety/substance abuse prevention instruction. **Do not return this form if you wish for your child to participate.**

Please return this form by **September 27, 2024**, to ensure it is received by the school counselors prior to the lesson being taught.

I wish to remove my child from medicine safety/substance abuse prevention instruction.

STUDENT'S FIRST AND LAST NAME: _____

CLASSROOM TEACHER: _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____