



# The Dunbarton Police Department

18 Robert Rogers Road • Dunbarton • New Hampshire • 03046



Christopher T. Remillard  
Chief of Police

Brian J. Tyler  
Sergeant

Dear Parent/Guardian,

Your child's class is starting a social and emotional learning program called *Too Good for Drugs* to develop the skills children need to make healthy choices and achieve success. This program was developed by the Mendez Foundation – a leader in K-12 educational programs.

The goal of *Too Good for Drugs* is to build children's social-emotional skills and empower them to be strong learners, make healthy choices, and be more resistant to peer pressure and peer influence. Children who learn and use the skills taught in this program are more likely to have a positive attitude, make good decisions, get along with their peers, and do better in school.

The *Too Good for Drugs* program is divided into two units. Unit 1 teaches five core social-emotional skills. Unit 2 teaches how to apply those skills in daily life and social challenges to avoid risky behaviors.

## UNIT 1

### Lesson 1: Setting Reachable Goals

Students learn how to set and achieve personal and academic goals.

### Lesson 2: Making Responsible Decisions

Students learn how to think through a problem and make responsible decisions.

### Lesson 3: Identifying and Managing Emotions

Students learn how to identify and manage their emotions, recognize the emotions of others, and show empathy.

### Lesson 4: Effective Communication

Students learn how to communicate assertively and listen actively.

### Lesson 5: Bonding and Relationships

Students learn and apply peer-pressure refusal strategies.

## UNIT 2

### Lesson 6: Effects of Alcohol Use

Students learn the effects of alcohol use on the teenage brain and body.

### Lesson 7: Effects of Nicotine Use

Students learn the short-term, long-term, and social consequences of using nicotine and tobacco products.

### Lesson 8: Effects of THC and Marijuana Use

Students learn the effects of marijuana on the teenage brain and body.

### Lesson 9: Safe Use of Prescription and OTC Medicines

Students learn to differentiate the safe and unsafe use of prescription and over-the-counter medicine.

### Lesson 10: Street Drugs and Course Reviews

Students learn the harmful effects of street drugs. Students recall and identify the benefits of remaining healthy and drug free.

Throughout the program, your child will bring home short, fun Home Workouts for you and your child to do together. These activities keep you tuned in to what your child is learning, and they help you practice and reinforce the skills at home.

Please contact me if you have any questions about the *Too Good for Drugs* program. You can also visit the Mendez Foundation's website at [toogoodprograms.org](http://toogoodprograms.org). I look forward to working together to help your child build the skills that lead to success in school and in life.

Sincerely,

*Christopher Remillard*

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