



Dear Parents,

My name is Sanjana Sathrasala, and I am the Expansion Director of Heal-Move-Shift, a 501 (c)(3) nonprofit organization based at the University of Michigan. Our mission at Heal-Move-Shift is to facilitate discussions on all aspects of health. This year, we are working with Lindbergh Elementary School to bring your 5th-grade students a 3-week drug education and prevention program. We will be meeting your students once a week for 30 minutes on January 16<sup>th</sup>, 23<sup>th</sup>, and 30<sup>th</sup>. Through this program, your students will learn why to say no and how to say no to drugs. This will be done by learning about the effects of drugs on the body and a three-step strategy. For more information on exactly what your kids will be learning, I have attached a guide that details our seminars. I have also attached a permission slip to this letter. **If you are uncomfortable with your child attending these seminars, please sign this slip and return to your child's teacher before the January 16<sup>th</sup> seminar.**

For any questions or concerns, please feel free to contact me at [ssathras@umich.edu](mailto:ssathras@umich.edu)

We look forward to working with your students!

Best Regards,

Sanjana Sathrasala

*Heal-Move-Shift Expansion Director*



## **Heal-Move-Shift Drug Education Seminars at Lindbergh Elementary School**

### ***I'VE GOT THE POWER***

***Program Objective:*** Provide students with the knowledge and tools to understand that they have the power when encountering situations with drugs

#### **SEMINAR 1: Why to Say No to Drugs**

This seminar will cover 5 main drugs that students may encounter: marijuana, caffeine, tobacco, alcohol, and prescription pills. The goal of this seminar is to demonstrate why students should say no by showing how drugs can affect the body negatively. For each drug, an age-appropriate video explaining the effects of this drug on the body will be shown. There will be a human body coloring activity alongside these videos to help students retain the information being shown. Facilitators will lead small group discussions with students as well.

#### **SEMINAR 2: How to Say No to Drugs**

The goal of this seminar is to provide students with the tools to say no. Students will be given 3 strategies on how they can say no: Switch, Share, and Say It. Facilitators will lead skits demonstrating the proper use of each strategy. Students will engage in small and large group discussion on these strategies and will be encouraged to formulate their own examples of how to say no.

#### **SEMINAR 3: Practicing Saying No to Drugs**

This seminar is a continuation of Seminar 2. Seminar 3 is set up as a game in order to engage students. Throughout this seminar, students will be tasked with creating a response to a made-up scenario in which they are asked to take drugs. Each student will first individually do this and will then share within their small groups. Each group will then present their best strategy to the facilitators, and facilitators will award points and provide suggestions.

**Heal-Move-Shift Drug Education Program Permission Slip**  
**Lindbergh Elementary School**

I, \_\_\_\_\_, do NOT give my child,  
\_\_\_\_\_, permission to participate in Heal-Move-Shift's  
Drug Education Program at Lindbergh Elementary School.

**By signing below, you are agreeing to exempt your child from the drug education program  
at Lindbergh Elementary School.**

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date