Optional Sample Letter to Parent/Guardian

Dear Parent/Guardian:

Today, we started a program called Project ALERT in your child’s class. Project ALERT is a classroom program that teaches middle school students how to resist drugs and alcohol. Project ALERT is scientifically proven, according to randomized controlled trials—the gold standard of intervention evaluations. It reduces substance use among teens and gives teachers the skills and resources to help kids do so.

Instead of an occasional school assembly, Project ALERT is a series of lessons that uses the power of practice and repetition to give students the knowledge, skills, and confidence to resist peer pressure and misleading messaging in order to avoid substance use. The program has an evidence-base shown to help students reduce their current substance use—or avoid experimenting in the first place.

There are eleven Project ALERT lessons which will give students the knowledge, skills, and confidence to resist peer pressure and misleading messaging in order to avoid substance use. Students this age might feel like trying drugs is common among teenagers. It isn’t though. Most teens do not use drugs according to large nationwide surveys. Having the confidence to say “no” to the pressures to use drugs is the easiest way to prevent drug use and prevent all of the negative consequences related to it.

Our school is committed to providing effective approaches to preventing drug use in our schools and communities.

If you have any questions, please contact me at:

Sincerely,