

Hi JHCS Families,

As we enter into the last month of school we are learning about making good choices, making good friends and keeping our bodies healthy and free from substances that would harm them. We had Sargent Nielsen from the Pleasant Grove Police Department join our emotional learning class today. Some of the concepts he shared are:

1. The effects tobacco has on your body
2. Marijuana is four to five times more addicting than tobacco and how it affects your body
3. Consequences and what making good choices looks like
4. Integrity and what that looks like now and as you get older
5. Values and what that means
6. Choosing and making good friends
7. What to do in different situations with drugs, tobacco and alcohol

Below are some of the links you may find helpful when talking to your child about substances and taking care of their body. I have enjoyed meeting and emotionally educating your students and look forward to seeing them in the fall.

Thank you for being so wonderful,  
Sam Grabert

Parent Resources:

Talking to Your Child About Drugs - broken down by age

<https://kidshealth.org/en/parents/talk-about-drugs.html>

Drug Prevention Tips for Every Age - Partnership for drug-free kids

<https://drugfree.org/article/prevention-tips-for-every-age/>

Parents & Educators - National Institute on Drug Abuse

<https://www.drugabuse.gov/parents-educators>

Understand Why Kids Use Drugs and Alcohol

<https://drugfree.org/parent-blog/why-do-teens-drink-and-use-drugs/>

Understanding the diverse needs of children of parents who abuse substances

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3676900/>

4 Signs of Teen Drug Abuse

<https://www.therecoveryvillage.com/teen-addiction/drug/signs-drug-abuse-teenagers/#gref>

Skills to help your child and family heal

<https://drugfree.org/article/skills-to-help-your-child-and-family-heal/>

Wise Owls Drug Safety Kits. What's a drug?

<https://www.youtube.com/watch?v=CH3uAGPqt-k>

Talking to your children about alcohol

<https://www.youtube.com/watch?v=aucAFuZJuC4>

How alcohol affects your brain

<https://www.youtube.com/watch?v=7x6HUNTnXUw>

Drugs what kids need to know.

<https://www.youtube.com/watch?v=1VhLNSXNBDQ>

Drug Facts

<https://www.youtube.com/watch?v=TTrT2oQ6mW0>

Billy Knows, Do you? Facts about tobacco, alcohol, and marijuana

<https://www.youtube.com/watch?v=1HtBhL8Rhls>