

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. Below are some of the links that were shared. 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>

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

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

What do humans need to stay healthy?

<https://www.youtube.com/watch?v=UxnEuj1c0sw>

Skills to help your child and family heal

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

Alcohol Facts

<https://www.youtube.com/watch?v=rqSQ71e4r4M>

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

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

Talking to your children about alcohol

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

How alcohol affects your brain

<https://www.youtube.com/watch?v=1bhO9BUHeLE>

Drugs what kids need to know.

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

Drug Facts

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

How alcohol affects your brain

<https://www.youtube.com/watch?v=1bhO9BUHeLE>

Keeping your body and brain healthy

<https://www.youtube.com/watch?v=YD6eNf4oNsc>