

Family Communication

November 30

National Meth Awareness Day



Dear Eagles (Insert School Name or Mascot Here) Family,

Good morning Eagles (insert school name or mascot here)! Today, is National Methamphetamine Awareness Day. We believe in keeping your brain healthy by staying away from all drugs and alcohol. However, is important to know all you can about the various drugs out there. The more you know, the better you can make positive choices.

Methamphetamine is one of the most addictive illicit drugs out there, and yet dealers sell it to school-aged kids by telling them it will help them do better on exams. At _____ (insert name of school), we know much safer ways to do well on tests! You and your children will have the opportunity to learn more _____ (insert text from checked boxes below).

- From our counselor, teacher, or nurse
- During a homeroom or advisory class activity
- At the information table in the library, lunchroom, or (other public area)
- In this week's health classes
- In the www.KnowYourNeuro.org website
- Other _____

Use this opportunity to watch the KnowYourNeuro videos *Risky Behavior & the Brain* or *Illicit Drugs* with your children and discuss your family code about engaging in substance use. Get more information about healthy coping skills at www.KnowYourNeuro.org.

For questions or more information, please contact me.

School Official's Signature and Contact Information