

# Family Communication



## August 31

## International Overdose Awareness Day

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

Good morning Eagles Family (insert school name or mascot here)! Today is International Overdose Awareness Day. This is a global event held on August 31st each year that aims to raise awareness of overdose and reduce the stigma of drug-related death. You may have known and loved someone who died of a drug overdose.

Today we will remember those we've lost and learn how to prevent illicit drug use by protecting our frontal lobe and growing our executive functioning skills! 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 KnowYourNeuro.org website
- Other \_\_\_\_\_

We encourage you to discuss this difficult topic with your children. International Overdose Awareness Day offers an opportunity to discuss your expectations regarding staying away from mood altering substances and only taking prescription medication as directed. Get more information in the KnowYourNeuro.org website and watch the video Risky Behavior & The Brain with your kids and use the handout to generate discussion.

For questions or more information, please contact me.

School Official's Signature and Contact Information