

Family Communication



September 14

National Sober Day

Dear Eagle (Insert School Good morning Eagles (insert school name or mascot here)! Today is National Sober Day, a part of National Recovery Month, which is sponsored by the Substance Abuse and Mental Health Services Administration (SAMSHA). There are millions of people struggling with addiction including young people. The younger you are when starting to use alcohol or drugs, the greater your risk of growing up and struggling with an addiction.

National Sober Day is about renewing your commitment to staying sober or it can be the start of your recovery. 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 _____

Learn about how early alcohol and drug use can interfere with healthy brain development and increase your child's chance of struggling with substance use disorders when they are older. Use the resources and scripts in www.KnowYourNeuro to learn more about risky behavior and the brain.

For questions or more information, please contact me.

School Official's Signature and Contact Information'