

Morning Announcements



September 14

National Sober Day

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. If you, a friend, or close family member struggles with addiction, you will have the opportunity to learn more _____(insert text from checked boxes below).

- From your counselor, teacher, or nurse
- During the 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 _____