



GET  
CONVERSATION  
STARTERS BY  
TEXT

**SIGN UP HERE**



## **Prevention works**

when it is consistent! Know Your Neuro removes the barriers to consistent prevention by providing free, ready-to-use, brain-based resources for schools and families. With engaging video lessons, conversation guides, and year-round support, Know Your Neuro makes it easy to deliver prevention messages that build healthy brains, strengthen life skills, and reduce risky behaviors.

Whether you're a parent looking for everyday brain-based tools or a school seeking an easy-to-implement prevention program, Know Your Neuro provides age-appropriate resources that make prevention science simple, engaging, and effective.

## **Six 10-Minute Conversations. A Lifetime of Impact.**

A child's brain changes rapidly, so prevention works best when conversations happen consistently. Sign up for six or more Know Your Neuro conversation starters delivered by text each year—helping you stay connected, strengthen healthy decision-making, and maximize prevention when it matters most.

- ✓ **Based on prevention science and neuroscience**
- ✓ **Easy to implement at home or school**
- ✓ **Engaging for children, teens, and adults**
- ✓ **Free online resources available anytime**
- ✓ **Content offered in multiple languages**

