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7 back to school tips for you and child to make this a better year

- ◇ Set Goals for the Year
Getting assignments in on time, getting positive comments on report cards
- ◇ Agree on Morning and Afternoon Routines
Eat a healthy breakfast, get school items ready the night before
- ◇ Meet with Your Child's Teacher
- ◇ Set up a Study Schedule
Establish a homework work station where the child is visible and away from distractions.
- ◇ Schedule Daily "Fun Time" with Your Child
- ◇ Turn off all screens 1 hour before bedtime
Read a book or listen to quiet music
- ◇ Take One Day at a Time

September is National Recovery Month

Addiction is a heart-breaking part of the world today, affecting a wide range of people in various classes, cultures and genders. Since the late 1990s, substance abuse and addictions have brought more devastation and destruction, as deaths from these continue to increase in the United States.

The hope and purpose for National Recovery Month is to acknowledge and address these concerns, providing hope and healing for the millions of individuals and families who are affected by addiction.

Why Is Nicotine Unsafe for Kids, Teens, and Young Adults?

- Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.
- A CDC study found that 99% of the e-cigarettes sold in assessed venues in the United States contained nicotine.¹
- Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.
- Nicotine can harm the developing adolescent brain.² The brain keeps developing until about age 25.
- Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.²
- Each time a new memory is created or a new skill is learned, stronger connections - or synapses - are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.²



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Here are some FREE downloads the help students participate in Red Ribbon Activities.

<https://www.redribbon.org/downloads>