



The Scoop

Parental Involvement Newsletter-October

October Newsletter

Dear Friends of Colbert County Schools,

Did you know that October is National Substance Abuse Awareness month?

Since 2011, National Substance Abuse Prevention Month has been embraced as a time to acknowledge the harm substance abuse can cause to individual and community health, to remember those who have lost their lives to drug addiction, and to encourage the formation of drug misuse education programs that arm youth with the knowledge to lead drug-free lives – because when it comes to avoiding addiction, preventative steps are the best steps.

Tips for Talking to Teens:

- Choose the right time to have a conversation. Make sure there's no time constraint and that each individual is entering the discussion with an open mind.
- Don't lecture. Instead, ask the teen's views on substance abuse and listen to his or her opinions and questions.
- Discuss reasons to avoid drugs. Make it clear that abusing drugs or binge drinking at too young an age can damage brain development, and emphasize how it can negatively impact things the teen cares about.
- Brainstorm ways to resist peer pressure. For many young adults, saying "no" is half the battle, so it helps to act out a situation in which drugs are being offered. Most experts agree that role-playing is one of the most effective aspects of a substance abuse prevention program.

This month, students will celebrate Red Ribbon Week the last week of October. Students will dress up for themed learning days and guest speakers will share the dangers of substance abuse with your child.

Don't forget the Red Ribbon Week Coloring Contest deadline is October 24th. Students can download the coloring page on the District Webpage. Please send your coloring pages to the Colbert County Board of Education. Judges will pick one winner and the winner will receive a Halloween basket full of goodies!

Thank you for all you do to support your children and the Colbert County School System. Our schools are stronger when parents are involved.

Yours in Education,
Mrs. Payne
Family and Community Liaison

ADDICTION

Did you know more than 20 million people struggle with substance use in the United States

14.5 million people	2.1 million people	964,000 people*
alcohol use disorder	opioid use disorder	methamphetamine use disorder

Has using alcohol or drugs hurt your relationship with family or friends? 	Do you find yourself consuming more than you meant to?
Do you feel disinterested in activities that you used to enjoy? 	Has it changed your eating or sleeping habits?

YOU ARE NOT ALONE.

If you or someone you care about is struggling, don't wait to get help.
For free, confidential information and support call:
The Addiction Resource Center
Alcohol and Drug Helpline
833-301-HELP (4357)

 24 hours a day, 365 days a year	 Compassionate, trained counselors	 Nonprofit organization not affiliated with any treatment center
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