## **October, 2021**

**Dear Parent,**

Did you know that **13 is the average age** when alcohol and drugs are used for the first time? Armed with the right information and concrete strategies, we can support our kids in making good choices.

Each year, National Red Ribbon Week is celebrated from **October 23 - 31**. Schools and youth support organizations across the country use this time to engage youth in dialogues about the importance of making positive life choices and avoiding the temptation to use drugs and alcohol.

This year, your classroom teacher is using the **Natural High Red Ribbon Week** curriculum. Natural High is a nonprofit organization dedicated to empowering young people to make good choices and live life well.

Natural High’s free, award-winning, online curriculum is the perfect tool for adult mentors to engage students in:

* Identifying their concerns about drugs
* Practicing strategies that support making good decisions
* Finding their Natural Highs and sharing them

**Research shows that if young people discover their passions and are directly engaged in a compelling way by people they look up to and trust, they are more likely to make positive life choices and much less likely to choose drugs and alcohol.** Natural High supports youth in leading strong and healthy lives by sharing stories of courage, resilience, and the importance of solid relationships with peers and mentors.

We encourage you to talk with your kids about what they are learning and discussing. Here are a few prompts to help you get the conversations rolling and engage with your child at home:

* What is one thing you learned with Natural High that surprised you?
* What is one thing you learned that you think I should know?
* What do you think concerns me most when it comes to you and drugs and alcohol?

Thank you for supporting your student as they work through the curriculum. We are excited for your students’ involvement and welcome any questions and feedback. For more information or to find a variety of videos and resources to use for starting family conversations, please visit the Natural High website at [www.naturalhigh.org](http://www.naturalhigh.org).

Sincerely,