

SAFE & SOBER

Dear Parent,

Thank you for supporting your child in joining the Safe & Sober Club. We believe that this club is an opportunity to not only impact the school by encouraging safe and sober lifestyles but also to empower the students in the club as leaders in their school. We want to encourage your child to choose teenage years free of drugs and alcohol, and we want to create an environment in which they can grow as individuals and make a difference in their community.

As your child participates in the Safe & Sober Club, you will have a unique opportunity to have conversations about the topics that we will discuss and be yet another encourager of their safe and sober lifestyle. You are so important to the work that we do. Here are some tips about how to engage in conversations with your teen that will encourage them to think about why they should choose to stay away from drugs and alcohol:

1. Have frequent conversations about substance use. Make these a regular part of your week.
2. Begin conversations with a question, statistic, or story. Try to make the conversation engaging and show genuine curiosity for their answers.
3. Talk about the problem of substance use, but also talk about solutions. What can your teen do to relieve stress or have fun with friends? How can they say no to a substance if the situation arises?
4. Emphasize that your teen has a choice. They have the power to choose to be safe and sober. Enter conversations with the goal of empowering your child.

When you partner with us to impact your teen and help them impact their peers, you are joining Safe & Sober parents across the country in an effort to encourage their children. As a part of the Safe & Sober Club, your child has an opportunity to grow as a leader in their school and be a champion of healthy living among their peers. Please help us in making this an incredible year for them and cheer them on as they work to make an impact in their school.

Sincerely,

The Safe & Sober Team