

Dear Parents / Guardians,

October is National Substance Abuse Prevention Month and Casco Bay Region schools are uniting to promote the health and well-being of youth in our communities. As school leaders we feel that it is important to work together in preventing and reducing youth substance use in our schools and communities. The *Talk Early, Talk Often, and Keep Talking* campaign supports our shared vision to encourage positive youth development.

This campaign, brought to you by Casco Bay CAN (Create Awareness Now), focuses on how parents can talk to their student to prevent youth substance use. It also offers parents the opportunity to attend a facilitated *Table Talk* session to learn more about local trends in youth use and parent tips.

The campaign theme this year encourages parents to *Talk...They Hear You*. As parents you are the most influential factor in your preteen/teen's decision making. Youth who learn the risks of drugs and alcohol from their parents are 50% less likely to use than those who do not.

- Talk to your (pre)teen regularly about your expectations that they not use drugs or alcohol.
- Make sure alcohol and drugs are not available to youth in your home. Lock up and track for safety.
- Talk with other parents to make sure alcohol and drugs are not available to youth in *their* homes.
- Get to know the parents of your (pre)teen's friends and share contact information to stay informed.
- Keep the conversation going as youth get older, their risk for use increases and it may affect their plans for college, military, or professions that require licensure / certifications.

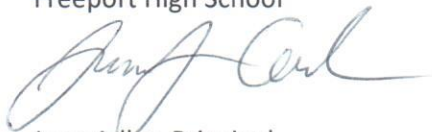
Visit www.cascobaycan.org to learn more about attending a *Table Talk* and parenting tips on raising a substance-free (pre)teen. Find Casco Bay CAN on 

Sincerely,

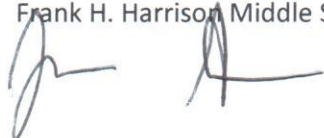
Ray Grogan, Principal
Freeport Middle School



Jennifer Gulko, Principal
Freeport High School



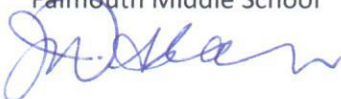
Joan Adler, Principal
Frank H. Harrison Middle School, Yarmouth



Eric Klein, Principal
Yarmouth High School



Janet Adams, Principal
Falmouth Middle School



Gregg Palmer, Principal
Falmouth High School



Mar-E Trebilcock, Principal
Greely Middle School, Cumberland



Dan McKeone, Principal
Greely High School, Cumberland



Sherry Levesque, Principal
Gray-New Gloucester Middle School



Ted Finn, Principal
Gray-New Gloucester High School

