



BACK TO SCHOOL

Don't let your middle school student be the "1 out of 10"



Back to school time is often a mixed blessing. Parents are thankful to get some routine back as kids head off to school, but there can be some reluctance as parents worry about what's ahead in the upcoming year.

In Maricopa County, 1 out of 10 youth who smoke marijuana started in middle school. Yes, middle school. So as we begin our back to school routines, it's important to make the "drug talk" part of that routine.

Wondering when and where to talk? Here are a few options:

- While in the car (turn down or turn off the radio)
- During mealtime
- At night, at their bedside just before turning lights off. Kids sometimes feel more comfortable talking when they are relaxed and don't have to make eye contact
- During a walk or hike
- When you have the time and don't feel rushed

Remember, the conversations don't have to be long. Just let them know your concerns and that you do not want them drinking alcohol, smoking cigarettes or marijuana or taking pills that weren't prescribed for them. If you have a child in middle school be sure to take the [Safe Homes Network Pledge](#).

IT'S NOT TOO LATE..... TO SAVE \$5 OFF HIGH SCHOOL REGISTRATION FEES!



If you have a high school student in 2015-2016, you can still save \$5 off registration by re-pledging the Safe Homes Network by September 15th. Invite your friends and they can also save \$5 off their student's fees when they join the Safe Homes Network! Visit our website at FHCoalition.org to take the pledge and be on the lookout for your \$5 rebate in your mailbox!

Marijuana and Teens

Some teens may see using marijuana as not dangerous and easy to get-maybe even easier than alcohol. Teens use marijuana for different reasons, some of which may include:

- to relax
- to have fun
- to alter their perspective
- to fit in
- to experiment/try something new

Signs to watch for

Teens will be teens-they sleep late, friends sometimes change, they can be moody and may have on and off trouble in school. So how do you know when your child is using marijuana or other drugs?

- Declining school work and grades
- Abrupt changes in friends
- Deteriorating relationships with family
- Less openness and honesty

What it comes down to is that you know your teen best. If something doesn't feel right, it probably isn't.

For more information or to receive a confidential, complimentary Marijuana Talk Kit, contact us at the Fountain Hills Coalition or the Partnership for Drug-Free Kids (DrugFree.org) 1-855-DRUGFREE

