



THE FAMILY CONNECTION UNIT 8 – HEALTHY CHOICES: NO TO HARMFUL DRUGS

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on the importance of:

How alcohol, tobacco, and other drugs are harmful to our bodies and minds

Things you can do at home:

- Talk about how healthy and harmful choices are different.
- Teach your child safety rules about medications.
- Show children healthy ways to have fun and feel better.
- Explain that alcohol and tobacco are not healthy choices for children.
- Tell them alcohol, tobacco and other drugs may seem fun, but ARE dangerous.
- If you or a family member has a problem with alcohol, tobacco, or other drugs – please get help. Call the SAMSHA Treatment Referral Line 1-800-622-HELP (4357) or SAMSHA Suicide Prevention Line 1-800-273-TALK (8255) or visit: www.samsha.gov/treatment.

