



## FAMILY CONNECTION LETTERS UNIT 9 – HEALTHY CHOICES: DRUGS ARE DANGEROUS

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:

### **Drugs Are Dangerous, How to say “NO” to dangerous things**

*Things you can do at home:*

- Make sure your child knows what “dangerous” means.
- Practice with your child what to say if someone offers them drugs or alcohol.
- Be very clear about healthy choices that you expect now, and in the future.
- Remember your example is more powerful than words. If you drink alcohol, be careful about how much you drink. Let them hear you say, “No thanks, I’m driving.”
- If you or your guests smoke, go outside.
- Find out where cleaners, medications and other dangerous things are kept in any home where your child spends time.
- 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](http://www.samsha.gov/treatment).

