

Ease Back to School Stress

Tip of the Month

ENCOURAGE HEALTHY HABITS

- Create routines and time to be active
- Support new experiences to build healthy coping skills
- Promote technology-free time prior to sleep

STAY CONNECTED

- Get to know the parents of your pre-teen/teens friends

KEEP TALKING, KEEP LISTENING

- Data shows ongoing conversations with youth reduce the risks of drug and alcohol use at every age



Casco Bay CAN

CREATE AWARENESS NOW
TOGETHER, PREVENTING YOUTH SUBSTANCE USE



www.cascobaycan.org



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