



WELLNEWS



A MONTHLY WELLNESS NEWSLETTER

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Substance use prevention starts with connection

Talk. Listen. Connect.



Sometimes making healthy choices starts with having someone you can talk to.

During October, we recognize Substance Use Prevention Month—a time to remind students that they don't have to face pressure, stress, or difficult situations alone.

Having trusted adults, supportive friends, healthy coping skills, and meaningful goals can help us make choices that support our well-being.

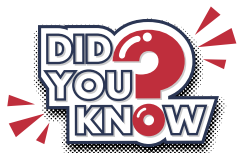


Signs a Student May Be Struggling

One sign alone does not necessarily mean a student is using substances. However, noticeable changes in behavior, mood, academics, or relationships may be a reason to check in.

- Changes at school — frequent absences, skipping class, or difficulty staying focused
- Changes in grades — sudden drop in academic performance or motivation
- Changes in mood — increased irritability, anxiety, withdrawal, or unusual emotional changes
- Changes in friends — suddenly avoiding longtime friends or becoming secretive about new friendships
- Changes in appearance or behavior — noticeable changes in sleep, energy, hygiene, or daily routines
- Physical signs — red eyes, unusual odors, or changes in coordination or alertness
- Loss of interest — stepping away from activities, hobbies, sports, or things they previously enjoyed

RESOURCES



Your brain is still developing into your mid-20s.

That means the choices you make during your teen years, including how you handle stress, pressure, and substances can affect the way your brain develops and how you respond to challenges.

