



EDUCATORS LIGHT THE WAY

for a lifestyle without substance abuse

National Drug and Alcohol Fact Week (January 23 – 29, 2017)

Nearly 1 in 5 teens reports abusing prescription drugs to get high.

Recognize the signs:

- Fatigue, red or glazed eyes
- Sudden mood changes
- Decreased or obsessive interest in school work
- Extreme changes in groups of friends or hangout locations

Talk openly with your students and their parents!

- Remind students drug abuse is illegal and share the negative side effects
- Alert parents if you are concerned about their child. Give parents resources for talking with their teens.
- Provide a safe environment for students to talk about abuse issues.
- Hold interactive discussions to dispel myths and share the facts.

For more information visit www.lightunitered.org



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