



Promoting Health and Wellness in our Community

June 2022

Dear Middletown Families:

As we begin the celebration of the graduation season, please be mindful of the message we are sending to our students. Celebrations are a time to reflect on the accomplishments of our students and a time to help them pave a path to a bright future. Some of our students will enter the workplace, go to college, or learn a new trade.

How do we ensure they arrive at their next destination safely? **Talk. They Hear You.** Take the next few days to talk to your children about their celebratory plans and how a poor decision can change their trajectory. Discuss the dangers and false promises that alcohol consumption brings. Share your expectations and encourage patience.

It is important to **Talk** to your children. Did you know that teens with parents that set clear rules that alcohol is unacceptable are 80% less likely to drink than teens whose parents have a more casual attitude? **(Mothers Against Drunk Driving, MADD)**

When we infuse the dangers and false promises of alcohol and our expectations related to alcohol into our daily conversations with our students, we decrease the risks and increase the chances that our students will have a bright future.

Celebrate your child's accomplishments, support the success of moving on to the next chapter. Thank you for helping to reduce the risks and encourage healthy decisions. Please remember...**Talk. They Hear YOU.**

Congratulations to all!

Rachel Andoscia

STOP (Sober Truth on Preventing Underage Drinking) Grant Coordinator
Middletown Prevention Coalition