

March 12 - THS and March 13 HTHS 6- 7:30

#YouthCulture: Adolescent Brain Development and Addiction

Schedule this program for: **Adults Only**

This program examines consequences and health effects of substance use including the impact of adolescent brain development and the increased risk for addiction. This session includes the latest research, examines the risk factors for use, and the protective factors that help prevent youth substance use. A discussion on strategies to increase those protective factors and to support empowering youth to make healthy decisions will be covered. Participants will be equipped with tools and resources to support ongoing conversations.

April 15 - THS and April 16 HTHS 6- 7:30

Choices & Consequences: Family Edition

Schedule this program for: **Families**

Parents/caregivers and children will learn the facts about alcohol, tobacco/e-cigarettes, marijuana and other drugs through an interactive game modeled after a popular game show. Families will work together to learn valuable information about the effects of these substances on the growing brain and body, as well as effective refusals skills to keep youth safe. The families will be engaged with interactive activities, videos and team discussions. All families will be provided with resources to encourage ongoing prevention skill building and communication.

May 6 - HTHS and May 7 THS 6- 7:30

Drugs Uncovered: What Parents Need to Know

Schedule this program for: **Adults Only**

Drugs Uncovered: What Parents Need to Know is an interactive program that targets parents of upper elementary, middle school and high school students. *Drugs Uncovered* introduces parents to the current trends regarding alcohol, tobacco and other drugs; health risks associated with adolescent use/abuse; the North Carolina alcohol laws and parental responsibility; and techniques for open communication and dialog with adolescents.