

why should you sign up **FOR THE** **Decisions at Every Turn** **PREVENTION E-NEWSLETTER?**

Because prevention is a life-long practice! The DAET e-newsletter is a prevention education resource for parents, caregivers, community adults, service providers or others who have a role in **supporting youth of any age.**

Each issue will ...

- **Feature resources**
- **Provide strategies for supporting kids & teens**
- **Share information about upcoming events**
- **Highlight prevention news & education**

PRE-K



During the preschool years kids begin to learn the importance of healthy routines. These years are critical for introducing habits that lay the foundation for health and wellness.

ELEMENTARY SCHOOL

Kids at this age are exploring independence and discovering their individuality, but are still closely tied to family and comforting routines. They are beginning to absorb messages from peers, school and the media.



MIDDLE SCHOOL

Pre-teens are figuring out their place in the world. While friends' opinions are gaining power, parents still have the most influence on their decisions. That's why it is important to keep talking with them about their mental health and making healthy choices, especially about substance use.



HIGH SCHOOL

This is a critical time in helping youth make positive choices. Through the teen years, young people will have to make plenty of choices about drug use and whether they should give into peer pressure or their own curiosity. Your clear and consistent messages about not using alcohol and other drugs and your reasons why can help prevent teen use and associated negative health and mental health outcomes.



**SIGN UP
HERE**



DON'T MISS OUT ON WHAT'S HAPPENING IN ASHLAND TO SUPPORT PREVENTION!

DAET is dedicated to supporting safe and healthy Ashland kids & teens by helping to prevent, reduce, and address high risk behaviors, while increasing behavioral health outcomes such as positive mental health, social emotional wellbeing and low substance use rates.

WWW.ASHLANDDECISIONS.COM