



## Ease into stress-free school days

***Help your student be happy and academically successful!***

- Evidence shows an association between substance use and grades. Remind your child that the use of illegal substances could jeopardize their academic performance.
- Set a good example. Young people develop their coping strategies by watching parents. If parents use alcohol or smoking to relax, kids may imitate these behaviors.
- Exercise, adequate sleep and a healthy diet can all help students achieve academic success. Work together to establish healthy routines including healthy family meals

## Parenting *is* prevention

# 2

Parenting for Prevention Tip # 2

Brought to you by the Lincoln Prevention Coalition

