

## October is **Substance Use Prevention Month!**

In our classroom, students are learning how to make safe, healthy choices that help their bodies and minds grow strong. As part of this effort, Parents Lead is partnering with schools across North Dakota to take part in **The Power of Prevention: Billboard Contest**. Students can design artwork and prevention messages, with the chance to have their work featured on a real community billboard!

### **Why Prevention Matters**

Kids who hear positive messages at school and home are more likely to make safe choices and prevention helps support those choices. Prevention means taking steps to reduce risks and build protective factors before problems arise, focusing on areas like substance use, bullying, mental health and peer pressure. More than just saying "don't," it encourages children to see what prevention looks like in their own lives—whether that's saying no to harmful things or choosing activities that build resilience, healthy habits and confidence.



Scan the QR code to get tips, tools and conversation starters delivered straight to your phone!

### **How Families Can Help**

- ✓ Talk with your child about what they are learning.
- ✓ Ask them to share their prevention message or artwork idea with you.
- ✓ Visit **Parentslead.org** for simple ways to begin important conversations at home.

### **About Parents Lead**

Parents Lead is a North Dakota prevention program that supports parents, caregivers and families in raising healthy, strong kids. The site provides tools, conversation starters and resources to help you guide your child at every age and stage.

