



Empowering Parents To Raise Their Children To Be Substance-Free

Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.



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Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

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Start Talking! 
Building a Drug-Free Future



KNOW! To Pump Them Up for a Successful New School Year



Words are a powerful force. They can inspire, encourage and create enthusiasm, or they can dishearten, discourage and create despair – especially in the lives of young, impressionable people.

As a teacher, it seems so many times that what you say to your students goes in one ear and out the other. But research proves that they are listening and that your words make a world of difference.

Most children (and maybe educators as well) would agree that it's a bummer when the summer break comes to an end. But instead of allowing our youth to dwell on the negative, we can use our voices and positive influence to pump them up, and get them excited about a successful, new season of learning.

[Here are 10 Empowering Messages to share with your child \(adapted from WabisabiLearning.com\):](#)

1. "Today is a new day. What can we do with it?"

The trials of yesterday are behind you. A new school day dawns, and with it come possibilities. Chances for success, empathy, and discovery are abundant. Inspiration is everywhere you look. The opportunity to be better than you were yesterday is *right here, right now.*



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mind.

2. “You aren’t defined by your failures, you’re empowered by them.”

It doesn’t feel good to fail, but mistakes are a normal and expected part of life. Not only do you gain knowledge from your mistakes, they help you grow and mature and become more resilient.

3. “The hardest person you’ll ever face is the one staring back at you in the mirror.”

It’s true; you are either your own best ally or your own worst enemy. It’s up to you to decide which one - and you actually do have that choice.

4. “Success means caring.”

Learning is personal to each one of us. Of course I care about your learning. YOU have to decide however, that YOU care and that you are willing to put in the hard work to achieve successful learning.

5. “I’m a learner too. We need to support each other in that.”

Even teachers are always learning. That’s the shared journey that connects us with our students. If we’re all learning together, then we’re making terrific progress. Teachers are neither above nor beneath students. It is a shared journey that connects us and provides an opportunity to create a strong network of support.

6. “There’s nothing you can’t do if you really want to.”

Too often, many of us live with more awareness of our limitations than our potential. The time to change that is now. You are capable of anything you set your minds to. The only limits you have are the ones you choose to place on yourself.

7. “Great things begin with small actions.”

Tackling too much at one time is a recipe for disaster. So start small; begin at the beginning and make a great change one step at a time. It’s important to build on previous successes gradually and carefully, preserving the progress of every previous step. That’s how greatness manifests.

8. “I’m always here to help you, but you’ve got to take the lead.”

As your educator, I am here to support, assist and guide you in your academic potential. However, the responsibility for learning and succeeding is yours.

9. “I believe in you.”

This one needs no explanation. Everyone can benefit from hearing this. No better time to start than right now.

10. “You’re not alone.”

It is easy to sometimes feel like no one has ever felt the way you do, and never can. But you are not alone. I am here to help you and I want you to feel comfortable coming to me and sharing with me whatever is on your



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As teachers, you have a unique and profound opportunity to enhance a student's classroom experience with your positive and uplifting words. If you can help plant the desire for success in your students early on, then each and every one of them can be unstoppable.

Source: WabisabiLearning.com: [10 Empowering Messages to Share With Your Students](#). Jan. 2016