



Attention ALL Middle Twp. Parents/Guardians:

Please join us at the 15-Minute Child Break Parent Presentation and spend an hour learning how to talk to your kids about drugs and alcohol.

The presentation will be held at:
Middle Twp. Middle School Cafeteria
300 East Pacific Ave.
Cape May Court House, NJ 08210

Date: **Thursday 10/26/17** *Time:* **6pm**
Contact: **MTMS Guidance (609)465-1834**

Our 15 Minute Child Break presentation is a one-hour multimedia program that informs, encourages and empowers parents, grandparents, educators, coaches and other adult caregivers about how to communicate effectively with children about the misuse and abuse of alcohol and other drugs. The presentation includes up-to-date statistics on drug and alcohol use and public service announcements that cover various types of drugs used by children.

Topics Include:

- Underage Drinking
- Marijuana Use
- Abuse of Prescription & OTC Medications
- Influence of Media and Pop Culture
- Identifying Risk and Protective Factors
- Strengthening Parenting and Communication Skills
- Utilizing Teachable Moments
- Effects of Specific Drugs

