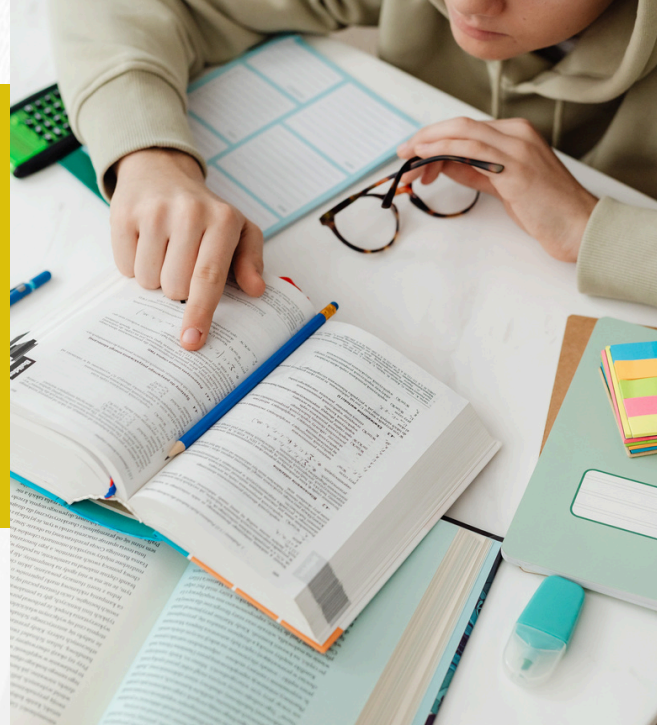




# INSIGHTS ON ADOLESCENT DEVELOPMENT

FROM YOUR DIVISION DIRECTORS AND  
COUNSELORS



## HELLO!

As we continue to work together to support your teen's growth and well-being, we're pleased to share this month's newsletter, which focuses on helping your teen make healthy, informed, and safe choices around substance use. As teens move through middle and high school (and even more so into college!), they will be faced with pressures to experiment with substances. They may even sometimes feel that substances could numb a particularly difficult time they are going through. In this newsletter, you will find resources, insights, and practical tips to empower you to guide your teen in navigating these decisions thoughtfully and confidently. Thank you for being an essential part of this journey with us. In the coming months you can look forward to resources about sleep, and social media/technology!

*Danielle Wattleton-Anderson, Lia Gerety, Lauren Garrett, and Kate Smith*

## THE INFLUENCE OF SOCIAL MEDIA ON TEEN DRUG USE



Social media has created a new platform for teens to be exposed to drugs. At an age where they are so focused on fitting in, teens are uniquely vulnerable to the effects of what they see on social media. Seeing these types of risky behaviors portrayed in a positive light by influencers and celebrities on platforms like TikTok and Instagram increases teens' sense that "everyone is doing it". This, in turn enhances their likelihood to experiment with substances. We should also consider that some kids are gaining access to social media at younger and younger ages. This means that the age at which adolescents are exposed to examples of substance use is also becoming younger and younger.

**Click here to read more: [Social Media & Teen Drug Use](#)**

Interested in learning more? Here's some additional reading to explore!

**From The American Psychological Association -  
[New Approaches to Youth Substance Misuse](#)**

**From the New York Times -**

**[As Marijuana Use Grows, So Do The Risks](#)**

## AT A GLANCE

- 1) HIGHLIGHTED ARTICLES
- 2) PARENT GUIDE TO SUBSTANCE ABUSE EDUCATION
- 3) AN UPDATE ON IN SCHOOL PROGRAMMING REGARDING SUBSTANCES
- 4) EXECUTIVE FUNCTIONING TIPS
- 5) HIGHLIGHTED LESSONS FROM THE SOCIAL INSTITUTE

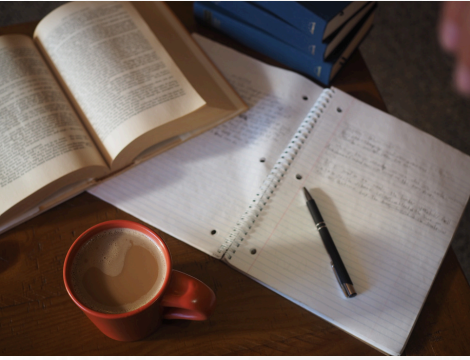


## PARENT GUIDE TO SUBSTANCE ABUSE EDUCATION

**DOUBLE CLICK THE LINK BELOW TO EXPLORE**



[Understanding Teen Substance Use.pdf](#)



## HIGHLIGHTED LESSONS FROM THE SOCIAL INSTITUTE

We invite you and your family to join us in our partnership with The Social Institute. These lessons provide a great opportunity to explore important and sensitive topics through a developmentally appropriate lens. Here are some lessons that we recommend by grade level:

- 5th - [Controlling the Controllable](#)
- 6th - [Overcoming the Fear of Missing Out](#)
- 7th - [Learning from the Mistakes we all Make](#)
- 8th - [A Positive Reputation on Social Media](#)
- 9th and 10th - [How Companies Use Media to Advertise Substances](#)
- 11th - [Pressure and the Path We Choose After High School](#)
- 12th - [A Smooth Transition to College](#)

## WHAT PROGRAMMING CAN I EXPECT MY CHILD TO RECEIVE ABOUT THIS TOPIC IN SCHOOL?

7th and 8th graders participated in a discussion led by the Addiction Prevention Coalition on 10/23.

Upper schoolers will have the opportunity to hear from an expert in the field 2nd semester. We will give them the chance to provide anonymous feedback on what issues are most important to them & will aim to focus on these issues.

## EXECUTIVE FUNCTIONING TIPS - TIME MANAGEMENT AND STUDY SKILLS

Executive functioning skills are the skills that we use on a daily basis to make decisions, problem solve, manage our emotions and impulses, and organize our thoughts and tasks. These skills are crucial for success. With the end of the semester approaching, we would like to focus on study skills and time management strategies this month. Double click on the links below to engage with the information!

[Time Management - The Pomodoro Technique](#)



[Why Should I Work with a Study Group?](#)

