

# February 2026 Dinuba High School Aware & Connect NEWSletter



## February 2<sup>nd</sup> is Prevention Day!

### Prevention of Substance Use & Misuse

Teens are the ultimate game-changers in prevention. By shifting social norms and leading through action, we can stop substance use before it starts.

### Prevention Strategies

- Master the Refusal: Have your 'exit script' ready. A simple "Nah, not my thing" is all it takes to hold your ground
- Find Your Natural Peak: Trade risky behaviors for high-reward alternatives like sports, theater or creative hobbies. Your brain craves the rush--give it a healthy one.
- Be a Credible Messenger: When you share the facts, your friends listen. You have the power to change the 'norm' and take the pressure off your circle.

### Hotlines:

- Substance Use Disorder Access Line:  
**1-866-732-4114**
- Crisis Text Line: Text **HOME** to **741741**
- 211 Referral Line:  
**211** or **1-800-283-9323**
- National Suicide Prevention Lifeline:  
**988**
- SAMHSA National Hotline:  
**1-800-662-4357**
- CWS/Child Abuse Hotline:  
**1-800-331-1585**
- Tulare County Warm Line:  
**1-877-306-2413**
- Poison Control Line:  
**1-800-222-1222**



### Aware & Connect Campus Phone:

(559) 595-7220 Ext. 8319

Campus Location: O-102

Email: [amanda.soto@dinuba.k12.ca.us](mailto:amanda.soto@dinuba.k12.ca.us)

**SAMHSA'S**  
**22<sup>nd</sup>**  
**PREVENTION DAY**  
February 2, 2026

**TELLING THE  
PREVENTION STORY**

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



### Dose of Awareness

#### The Brain Science Facts



**The Under Construction Brake:** The brain's prefrontal cortex (the area that plans ahead and takes precautions) is the last to mature, typically around the age 25 or 26

**Rewiring the Reward System:** Substances flood the brain with unnatural amounts of dopamine, which over time can weaken its ability to feel excitement from things you usually love

### ONLINE RESOURCES

Drugs and the Brain

How does cannabis use impact adolescents?

Why Do Some People Become Addicted While Others Don't?

