



**MARCH
NEWSLETTER**



2026



February 25th, 2026

Dear Fromberg School Parents and Stakeholders

March is upon us and it truly seems like the weeks and days are flying by. Fromberg Golf will be starting the 16th of March with a large group. We will have Fromberg, Bridger and Joliet kids participating. Stay tuned to hear about great things that we have coming for the program. Track kids will be participating with Joliet this season and we look forward to great progress there as well. Good luck to our Spring participants. FFA is heading to their District and State competitions and before you know it the annual FFA Awards Banquet/Auction which is scheduled for May 13th starting at 6:00 p.m. Please check out the Fromberg School website for dates and times for upcoming events, there are lots of things coming up on the calendar.

Please help me recognize Bill Coty, as it is the month to celebrate School Bus drivers! Bill has been part of Fromberg Schools for over 33 plus years! You are awesome Bill!

Fromberg Schools High School Graduation will be held Sunday May 17th at 10:00 a.m.

Thank you for your continued support within the Fromberg Schools. Together, we work towards maintaining a positive and enriching environment for our students within the Fromberg School system.

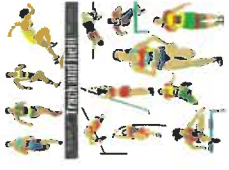
Jennifer Hickok
Fromberg Superintendent





March 2nd is Read Across America Day!

Fromberg Public School March 2026



| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----|----------------------------------|---|--|--|---|---|---|
| 1 | | 2 FFA Districts @ Billings 5th/6th BBB 4:00 @ Columbus Track & Field Parent/Athletes Mtg. 6:30 @ Joliet | 3 5th/6th BBB 4:00 Vs Red Lodge @ Joliet | 4 Southern B Divisional BB Tournaments @ Metra | 5 Pastries for Patrons 7:15-8:00 Southern B Divisional BB Tournaments @ Metra | 6 Southern B Divisional BB Tournaments @ Metra | 7 Southern B Divisional BB Tournaments @ Metra |
| 8 | Daylight Savings Time Begins | 9 Adult Co-Ed VB Open Gym 5:30 5/6 BBB 4:00 @ Shepherd School Board Mtg. 6:00 in the Gym Lobby | 10 PTO/Booster Club Mtg. 5:00 in the Gym Lobby | 11 | 12 State B BB Tournaments @ Bozeman 5/6 BBB 4:00 @ Red Lodge End of 3rd Quarter | 13 Staff PIR Day 9:00-4:00 State B BB Tournaments @ Bozeman | 14 State B BB Tournaments @ Bozeman |
| 15 | | 16 HS Track & Golf Practice Begins | 17 St. Patrick's Day | 18 | 19 | 20 Spring Begins! | 21 |
| 22 | | 23 Adult Co-Ed VB Open Gym 5:30 | 24 ACT for Juniors District Music Festival | 25 | 26 | 27 | 28 Community Easter Egg Hunt 10:30 @ Fromberg Football Field |
| 29 | | 30 | 31 FFA State Convention @ Great Falls Mar. 31st-Apr. 4th | | | | |
| | | | | | | | 2017-2018 & Newer Yearbooks must be ordered online @ treering.com/validate |
| | | | | | | | 2016-2017 & Older Yearbooks are \$10 Each. Limited Quantities Available. |



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

LUNCH

MONDAY

CHEESE
OMELETTE, TOAST, FRUIT
JUICE, MILK
CHILI, VEGGIE, FRUIT, MILK **02**

FRUIT PARFAIT, FRUIT,
JUICE, MILK
GRILLED CHEESE, VEGGIE
FRUIT, MILK **09**

BAGELS N CREAM CHZ,
YOGURT, FRUIT, JUICE
MILK
HOT HAM N CHZ, HOAGIE
VEGGIE, FRUIT, MILK **16**

FRUIT TURNOVERS
YOGURT, JUICE, MILK
PHILLY CHZ STEAK
VEGGIE, FRUIT, MILK **23**

BREAKFAST
BURRITOS, FRUIT, JUICE
MILK
HOT TURKEY HOAGIES
VEGGIE, FRUIT, MILK **30**

TUESDAY

FRENCH TOAST, SAUSAGE
FRUIT, JUICE, MILK
ENCHILADA CASSEROLE
VEGGIE, FRUIT, MILK **03**

PANCAKES, BACON, FRUIT,
JUICE, MILK
CHICKEN FAJITAS, VEGGIE
FRUIT, MILK **10**

St. Patrick's Day
WAFFLES, SAUSAGE, FRUIT
JUICE, MILK
MULLIGAN STEW, FRUIT
MILK **17**

PANCAKE WRAPS
FRUIT, JUICE, MILK
CHICKEN STRIPS, VEGGIE
FRUIT, MILK **24**

FRENCH TOAST, SAUSAGE
FRUIT, JUICE, MILK
TACOS, VEGGIE, FRUIT
MILK **31**

WEDNESDAY

SAUSAGE, EGG, CHZ
BISCUIT, FRUIT, JUICE, MILK
HOT DOGS, VEGGIE, FRUIT
MILK **04**

EARLY RISER HASBROWN
FRUIT, JUICE, MILK
LASAGNA, VEGGIE, FRUIT
MILK **11**

RASPBERRY DONUTS
YOGURT, FRUIT, JUICE, MILK
MINI MEATLOAF, VEGGIE
FRUIT, MILK **18**

HAM N CHZ CROISSANT
FRUIT, JUICE, MILK
BEEF STROGANOFF
VEGGIE, FRUIT, MILK **25**



THURSDAY

BISCUITS & GRAVY, FRUIT
JUICE, MILK
PIZZA, VEGGIE, FRUIT, MILK
05

BACON, EGG, CHZ
MCMUFFIN, FRUIT, JUICE
MILK
SWEET 'N SOUR CHIX
VEGGIE, FRUIT, MILK **12**

HAM SCRAMBLE, TOAST
FRUIT, JUICE, MILK
CORN DOGS, VEGGIE,
FRUIT, MILK **19**

SAUSAGE TORNADOS
FRUIT, JUICE, MILK
PULLED PORK ON A BUN
VEGGIE, FRUIT, MILK **26**



FRIDAY

DAYLIGHT SAVINGS TIME
SPRING FORWARD SAT
NIGHT **06**

13

1ST DAY OF SPRING!!!
20

27

34



Fromberg Falcons

MARCH 2026

Kinder-One and Kindergarten



ABCs

Our class is learning many things and we have been working on sounding out words and learning some “English” rules of letter combinations. We are getting very good at sounding out words and spelling some words. Our rotation activities are focusing more on the alphabet, sounds, and words. We do some small group activities that help us read little stories, learn the vocabulary, and answer some comprehension questions. Our current unit introduces Bb and we are seeing that the Super Kids are going to have to figure out ways to fix the bus.

A B C

Upcoming:

March 2: Dr. Seuss Celebration

March 9: Launch Book Blast

March 17: Wear Green

March 20: 1st day of spring

March 26: Student of the Month

123s

ZERO TEN

This is how we spell... 0-10. The students are gaining the reading skills and applying them to spelling numbers. They had a great time showing off their skills for the school talent show on the 100th day of school. They are ready to start learning more about telling time. We will work on counting one and being solid counting to 100 by ones and tens. Understanding 2D and 3D objects is the next move in Geometry as well as measuring, using non-standard units.



March

1st/2nd Grade



Hello 1st and 2nd Grade!

This year is flying by! The 1st & 2nd grade students have worked so hard all year and continue to work hard every day! I am so proud of all of them!

About Our Class:

Super Kids/ELA:

- 1st Grade - Unit 7: Learning and associating the letter s and all the /s/ sounds.
- 2nd Grade - Unit 7: Learning to decode and associate "kn" with the /n/ sound and "wr" with the /r/ sounds.

Math:

- 1st grade-Unit 7: Understand and compare addition and subtraction.
 - 2nd Grade- Unit 7: Coins and introduction to counting money.
- Handwriting:
- Starting a new handwriting book to master and continue practicing neat and legible handwriting!



Reminders

- Dr. Seuss Day: March 2nd, 2026
- Book Blast: March 9th-20th, 2026
- End of 3rd Quarter: March 12th, 2026
- St. Patrick's Day party: March 17th, 2026
- Star Students of the month: March 26th, 2026



Contact Miss Siera

Class DOJO (406)-694-8534
sguffey@fromberg.k12.mt.us





MRS. HANCE'S CLASS

newsletter



IMPORTANT INFO:

Dear Parents/Guardians,

March is here, and we are excited for another month of learning and growth in our classroom. Students will continue building skills through engaging lessons and activities as we welcome the start of spring. Thank you for your ongoing support at home and for being a wonderful part of our school community. We look forward to a positive and productive month ahead!

Warmly,
Mrs.Hance



UPCOMING EVENTS:

- 3/17/2026- Saint Patrick's Day
- 3/26/26 - 3:40 P.M. March Student of the Month
- 3/12/26 - End of 3rd Quarter
- 3/24/26 - District Music Festival

☀ Commitment

This month, we are focusing on commitment. Commitment means staying focused, finishing tasks, and doing your best even when it's challenging. We celebrate students who show dedication, responsibility, and a positive attitude every day.

ELA

Students are practicing identifying main ideas and themes, using text evidence to support answers, building vocabulary through context clues, and writing clear informative paragraphs while strengthening grammar, vocabulary, and sentence skills.

Reminder:

❄ March Weather Reminders

- Dress in layers—March can bring snow, rain, wind, and sun.
- Light jackets under coats work for changing temperatures.
- Wear boots with good grip for snowy or muddy playgrounds.
- Follow indoor recess rules on bad weather days.
- Label winter gear to prevent lost items.
- Practice handwashing and cover coughs for seasonal wellness.

MATH

Students are strengthening multiplication and division skills, solving word problems, exploring fractions, and studying geometry concepts such as shapes, angles, and lines. They also work with patterns and multi-step problems while applying math strategies to real-world situations.

Social Studies

Students explore Montana's history, including tribal cultures and diverse perspectives, study local and state government and civic responsibilities, examine the state's geography and resources. They practice using maps, and understanding how people interact with their environment.



If you have any concerns, please feel free to reach me on Class Dojo or call the Elementary School office at (406) 668-7755.



The Library Connection

March

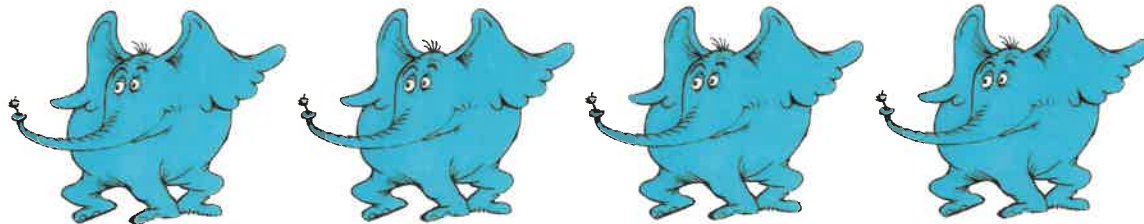
Wow! What a busy month of READING, LEARNING, and Celebrating our 100th day, Read for the Record, and books. All of that continues on into March.

March 2, we will celebrate Read Across America Day and/or Dr. Seuss's birthday. Our annual Book Blast will launch on March 9 and will go through March 20. Details to be sent home.

Our Community Library tree has changed from Christmas to winter and snowmen, love to read, and Valentines. Soon it will have shamrocks and rainbows.

Students are still earning Dojo points from me when they check out and return library books. We will soon have a Dojo redemption event.

Recently, our school word of the day was gallant. Do any of you remember the Goofus and Gallant segment in the Highlight Magazine?



Does anyone know the name of the second Horton book written by Dr. Seuss?

FROMBERG SCHOOLS

I Love to Read Week

March 2nd-5th

**MONDAY
MARCH
2ND**

**Dr. Seuss Day - Dress in Seussy
Kinds of clothing!**

**TUESDAY
MARCH
3RD**

**Mismatched Sock Day with
your Special Sunglasses!**

**WEDNESDAY
MARCH 4TH**

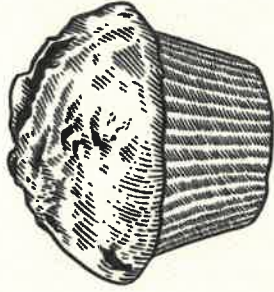
**Favorite Hat Day! Read your
Favorite Book!**

**THURSDAY
MARCH
5TH**

**Best Dressed Day! Read your BEST
Book! Also enjoy a Party with your
Favorite reader from 7:15 a.m. to 8:00
a.m. in the Gym Commons Area - Door**

**Celebrate your love of Reading! Help us
celebrate Dr. Seuss Day! Come for a Pastry
and juice from 7:15 a.m. to 8:00 a.m. in the
Gym Commons Area, March 5th!**

PLEASE JOIN US



THURSDAY
MARCH 5TH

7:15 AM
TO 8:00 AM

*Pastries in the
Morning for our
Patrons!*

READ WITH YOUR FAVORITE READER: FROMBERG SCHOOL COMMONS
AREA- ENTER AT DOOR 17

ENJOY A BREAKFAST PASTRY/JUICE AND A GOOD BOOK WITH YOUR STUDENT!

Music Class NEWSLETTER

Events in February



Teacher's Note

Dear Parents,
It has been such a joy watching our little learners grow and learn together this month. Thank you so much for your continued support at home – it truly makes a difference in your child's success. A special thank you to the students who participated in the Talent Show! We are so proud of their courage, creativity, and willingness to share their gifts. I look forward to many more magical days of learning ahead!

Learning Focus

- **KinderOne/Kindergarten**

Students have been exploring a variety of rhythms, listening to how they sound, and identifying different pitch levels. They enjoyed learning a Valentine's song called "HEART."

- **1st/2nd grade**

Students are learning about different rhythms, including quarter notes, eighth notes, and rests, along with identifying their unique sounds. They are also learning about pitch and how it applies to both instruments and vocal music.

- **3rd/4th grade**

Students are strengthening their understanding of notes, including their names, sounds, and how to read them on the staff. They are learning new notes on their recorders and consistently mastering new songs.

Learning Focus

- **5th/6th grade**

Students are developing an understanding of the concepts related to their instruments. Overall, they are doing well with their instruments, including reading music and all that it entails.

- **7th/8th grade**

Students are learning the 11 elements of music, breaking each one down into sections to gain a deeper understanding. They are also practicing their instruments during each scheduled class to keep their skills current and continue building proficiency.

Important Reminders

- **5th-grade to High school must pay their rental fees for their school instruments by March 10th.**
- Every student who uses a school instrument must pay the \$40 rental fee.
- This fee helps the music department be able to fix school instruments and to buy parts and pieces that may be needed for your child's school instrument.

Contact Info

Mrs. Parker

 email: bparker@fromberg.k12.mt.us

 mobile: 406-598-0151

Agriculture Education

The agriculture classes have been busy the last two months with

Ag Horticulture - Is creating fairy gardens along with working in the greenhouse to clean it up and get it ready for our flowers to come in March. We found that due to the windstorm this winter that our plastic had many tears in it and had to be replaced.

Ag II - Has been creating their plasma cut out signs and will be cutting them out along with starting to learn how to weld.

AG 6- Has been working on personal finance learning how to save money for things they need or want.

Animal Science- Has been building 3D livestock facilities of their choice along with getting the new pens built in the barn for our chickens.

Personal Career Readiness- Has been working on FFA leadership filling out grant applications, applying for National Chapter, along with lots of other applications for State FFA.

Work Study- We have kids working at Edgar Bar, Foo's Farm, and Fromberg School. All are learning new skills and trades each day.

FFA is gearing up for district season and State FFA in Great Falls . The application season is upon us and we are busy applying for National Chapter, State Degrees and American Degrees. FFA week was February 21-28th and our chapter did dress up days, coloring contests along with learning about agriculture in the ag classes. We made ice cream with the elementary students and had a lot of fun promoting FFA to our school and staff.



Fromberg FFA

By Keira Birrer

This month our chapter is getting ready for FFA week which is February 23-26, we sent out the dress up days to the staff and students. It will be great to see everyone dressed up for this. Be sure to watch for pictures to come next month. We had one student compete in creed speaking in Bridger at the start of the month and she placed 5 out of 6 competitors which is not bad for her first time. We have an FFA district coming up on March 2nd, in Billings. We are competing in Employment Skills which is a mock interview and going over our resume and cover letters. There are two FFA members doing this event, then we will be competing in Vet Science which is students testing their knowledge on stuff used in a vet clinic. We have to place in the top seven for vet science to go onto State FFA so we have been practicing a lot to be ready for the event. This weekend our officer team will be at the Tractor Supply in Laurel doing a petting zoo, we will have a goat, chickens and rabbits, and ducks. We have three teams practicing for State FFA at the end of March in Great Falls. They are Floriculture, Poultry, and Food Science. We had one member apply for her State degree and two members apply for their American degree and we wish them all the best of luck on receiving those degrees. We have also been busy working hard on our National Chapter application for the State FFA event.



Dashing into Art with Alma Thomas

February finds us learning about art teacher and accomplished artist, Alma Thomas. After retiring Alma became well known as an African-American artist using dashes to create colorful art work. Fromberg students embraced Alma's style and enjoyed a parade of pigment.

Alma's abstract mosaic style, was a joyful vision our students enjoyed painting. They found success with this challenge and added individual flare for a learning blast.



Carbon County Arts Guild Student Show March 7th - 29th

Everyone is welcome to attend the Artist Reception Saturday March 14th from 2-4. We would love to see our students attend this event with their families, supporting Art in Carbon County. The Arts Guild does a fantastic job of showcasing our artists and recognizing their abilities, and rewarding them with prizes.

Thank you, Carbon County Arts Guild!



Counselor's Corner

Time for the ACT and the scholarships are literally coming in daily at this time.

ACT will be given to all Juniors on March 24 in the Commons Area of the gym. This test will be conducted online and will take most of the morning if not all morning.

Last week on February 12 a representative from Northwest College in Powell, WY. came and gave an exciting presentation to all the high school students. This presentation seemed to really spark an interest in the kids.

This Wednesday on February 18 a representative from Miles City Community College will be here for a presentation for all the students. One of my goals with these college presenters is to show students firsthand that college is an attainable goal. Where there is a will, there is a way. I have the will to help them find the way.

Thursday February 19, I will be taking 7 high school students to the City College in Billings for the Healthcare & Safety Expo. Here, the students will see demonstrations on Diagnostic Medical Sonography, Radiologic Technology, Paramedic, Nursing, Surgical Tech and Fire Science. This should be a very interesting Expo. As a former Emergency Medical Technician, I am excited to have so many of our high schoolers interested in going.

Thursday March 12, I will be taking 4 students to the Transportation & Industry Expo. Three of our students have signed up for the Live Welding Competition. There will also be demonstrations in Automotive, Diesel, Autobody, Instruments & Electrical, Process Plant, Construction and Welding. All of this again has the making for a very interesting and exciting day.

Please see in the following pages 2 actual scholarship applications as well as information regarding the Reach Higher Scholarships.

I have had a great first year back in Fromberg. All the students are amazing.

SCHOLARSHIP OPPORTUNITY

It's Scholarship Time!

- ▶ Fill out **One Application**
- ▶ Apply for **Multiple Scholarships**

Who Should Apply?

Montana High School Seniors and College Students

When Should I Apply?

**Opens Jan. 1st
Closes Mar. 1st**

Learn More
Apply Here



Check out the list of scholarships on back. Eligibility varies for each scholarship, learn more about **It's Scholarship Time!** and the individual scholarships at ReachHigherMontana.org.



(877) 265-4463
ReachHigherMontana.org
or info@ReachHigherMontana.org

follow us



It's Scholarship Time!

- ▶ Fill out **One Application**
- ▶ Apply for **Multiple Scholarships**

- \$2,000 **Reach Higher Montana Scholarship** (50)
- \$2,000 **Carl Valvoda Scholarship** (1)
- \$1,000 **Bridging the Gap Scholarship** (1+)
- \$100-\$2,000 **Montana FFA Foundation Scholarships** (34+) **NEW!**
- \$2,000 **Horse Creek Scholarship** (6)
- \$1,000 **Odd Fellows and Rebekah's Scholarship** (3+) **NEW!**
- \$1,250 **Gilman Family Scholarship** (2)
- \$2,000 **Kelly Kuntz Scholarship** (1)
- **Varies - Agri Industries Scholarships** (Multiple) **NEW!**
- **Varies - Kid's Chance of Montana Scholarship** (Multiple) **NEW!**
- \$1,000-\$3,000 **Angel Fund Scholarship** (1+) **NEW!**
- \$1,500 **Rotary of Helena Scholarship** (1+)

Eligibility varies for each scholarship, learn more about **It's Scholarship Time!** and the individual scholarships at ReachHigherMontana.org.

Learn More and Apply Here



(877) 265-4463
ReachHigherMontana.org
or info@ReachHigherMontana.org

follow us





FROMBERG SCHOOL EASTER EGG HUNT

SPONSORED BY
21ST CENTURY GRANT/PTO AND
FROMBERG FFA

MARCH 28TH
START TIME
10:30 A.M.

Fromberg School
Football Field Area



Scholastic Book Fair!



Fromberg School

April 27 - May 7th, 2026

**Fromberg
School**





Fromberg Public Schools

319 School Street
Fromberg, MT 59029

High School: (406) 668-7315
High School Fax: (406) 668-7669
Elementary School: (406) 668-7755

Welcome to Fromberg School age students

To: *Fromberg School Students K-12th Grade*

Re: *Missoula Children's Theatre SLEEPING BEAUTY Audition*

Contact: *Fromberg Schools 406-668-7315 – Jennifer Hickok or Gayle Guffey*

SLEEPING BEAUTY Audition

An audition will be held for the Missoula Children's Theatre production of SLEEPING BEAUTY (May 4th at 3:30 p.m. at the Fromberg School Gym) from 3:30 p.m. to 5:30 p.m. All those auditioning should arrive at 3:30 p.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition.

Approximately 50-60 roles are available for local students. All students, grades K-12 are encouraged to audition. No advance preparation is necessary. Most students will rehearse 4 hours and 15 minutes each day, Monday through Friday. Performance is scheduled for May 8th, 2026 at 6:00 p.m. at the Fromberg School gym.

For more information, call *Jennifer Hickok – Fromberg School Superintendent at 406-668-7315.*

This production is part of the Missoula Children's Theatre's unique international touring project and is presented locally by Fromberg Schools.

SLEEPING BEAUTY--a Rock 'n Roll Fable for the ages. This is definitely no sleeper!



Adapted by Don Kukla

MISSOULA
CHILDREN'S
THEATRE

Music and Lyrics by
Michael McGill and Don Kukla

Fromberg Schools- Sleeping Beauty

When: May 8th, 2026

Where: Fromberg School Gym

Time: 6:00 p.m.

Admission will be charged at the door

\$5.00 for adults and \$3.00 for School age children

Registration



FROMBERG SCHOOL PRE-SCHOOL / KINDERGARTEN ROUNDUP



JUNE 3RD 2026



9:00 TO 12:00



ACADEMIC ASSESSMENTS/VISION
SCREENING AND LEARN ABOUT
FROMBERG SCHOOL PROGRAMMING!
PLEASE COME!

☎ **Call and make
an appointment
406-668-7315**

📍 **Fromberg Schools - 319
School Street in Fromberg.
The Roundup will take place in
the gym, enter at door 17.**



TRACK and FIELD

Parent/Athletes Meeting

Monday March 2nd

Coach Warburton's room

Across from the Joliet Gym Area

AT 6:30 PM

Come meet the Coaches

Student Athlete Packets

will be passed out during

this meeting as needed

TEACHING YOUR CHILD TO IDENTIFY AND NAME THEIR FEELINGS

Identifying and naming feelings is a skill that parents or those in a parenting role can teach. This skill is crucial for maintaining healthy relationships, coping with stress, overcoming challenges, and promoting mental health.

Why Should I Teach My Child to Identify and Name Feelings?

- Improved Mental Health
- Enhanced Relationship Building
- Better Decision Making

Why is it Important For a Child to Identify and Name Feelings?

- Clarity and Understanding
- Enhanced Communication
- Self-Reflection and Self-Regulation

How do I Teach My Child to Identify and Name Feelings?

- Start with yourself.
- Model emotional expression.
- Use age-appropriate resources.
- Provide a feelings vocabulary.
- Encourage reflection and conversation.
- Use a feelings chart.
- Validate and normalize emotions.

Teaching your child to identify and name their feelings is an ongoing process that requires modeling, patience, and repetition. Encourage your child to practice identifying and naming their feelings regularly and reinforce their efforts with positive reinforcement and support.



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

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WHY TEENS SHOULDN'T USE CANNABIS

The Concern

- Cannabis use before age 18 increases likelihood of addiction.
- Cannabis use in teens is associated with mental health issues such as depression, anxiety, and psychosis.
- Cannabis use impacts coordination and reaction time, which increases risk of car crashes and other injuries.
- Cannabis use during adolescence changes the structure and function of the brain, having long-term impacts.
- Approximately 1 in 5 Montana high school students use cannabis, and of those, nearly half (42%) use it more than 10 times a month.¹

The Consequences

Short-Term

- Cannabis negatively impacts the ability to think clearly, problem solve, establish memories, and learn new info and skills.
- Cannabis use in teens affects their ability to pay attention.
- Teens who use cannabis are more likely to earn lower grades and drop out of school.
- Cannabis use impairs coordination, reaction time, decision making ability, and concentration, increasing likelihood for car crashes and other injuries.

Long-Term

- Cannabis use during the teen years can damage the brain in long-lasting and even permanent ways.
- Cannabis use in adolescence has been linked to memory problems in adulthood.
- Cannabis use in adolescence has been connected to lower IQ scores in adulthood.
- Cannabis use leading to school dropout rates has the long-term consequences of lower academic achievements and graduation rates, overall.



The Key Role of Parents and Those in a Parenting Role in Preventing Teen Cannabis Use

Youth who learn about the risks of drug use from their parents are less likely to use drugs than those who don't.

Talk and Listen

- Have frequent conversations about cannabis, peer pressure, and making healthy decisions.
- Equip your teen with refusal strategies.
- Avoid sending mixed messages about cannabis.
- Be clear about what is legal, including medical use.

Establish Clear Rules

- Develop rules with your teen.
- Set clear consequences for violations of the rules.
- Develop clear expectations about the behaviors you are seeking.
- Catch your teen doing things right.

Model Positive Behaviors

- Talk with your teen about current affairs, moral dilemmas, addiction, and crime.
- Take responsibility for your actions; avoid blaming others.
- Talk openly about your values.
- Don't just say, "No"; include your rationale to help your teen understand your values and decision making.
- Model healthy ways to handle stress.
- Never drive after using cannabis or drinking alcohol.

Monitor

- Know where your child is at all times.
- Know if your teen's friends use cannabis.
- If you have alcohol or cannabis in the home, store it securely.

Clarify Misperceptions

- Explain that most of their peers do not use cannabis.
- Avoid arguing about it; rather gather information together.

1. Montana Office of Public Instruction (n.d.). *2019 Montana Youth Risk Behavior Survey: High school results*. Helena, MT: Author. Retrieved from https://opi.mt.gov/Portals/182/Page%20Files/YRBS/2019YRBS/2019_MT_YRBS_FullReport.pdf



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ParentingMontana.org
for help with conversations about
alcohol and marijuana.



Visit **ParentingMontana.org**

TOOLS FOR YOUR CHILD'S SUCCESS



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