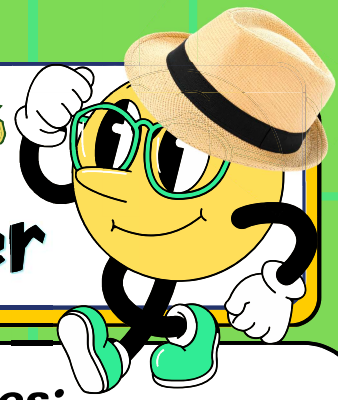


June/July 2026

# Dinuba High School Aware & Connect NEWSletter



## Make the Most of Your Summer!

- **Create a game plan.** Build a summer schedule with fun, healthy activities, goals, and time for friends and family. Having structure can help prevent boredom and reduce the chances of making risky choices.
- **Stay connected.** Keep in touch with people who support you, family members, trusted friends, counselors, coaches, or support groups and even while traveling or on vacation.
- **Have healthy ways to handle stress.** Make a list of positive coping skills you can turn to when you feel stressed or triggered. Try things like working out, listening to music, journaling, mindfulness, art, or other creative hobbies.
- **Know your triggers.** Be aware of people, places, or situations that may pressure you into unhealthy choices. Plan ahead so you can avoid them or handle them in a safe, confident way.

## 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

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## Dose of Awareness



### Interesting Facts About Summer & Teen Safety

- Research from the Substance Abuse and Mental Health Services Administration shows that nearly one-third of first-time drug use happens during the summer months.
- Studies show that teens who talk with their parents or trusted adults about the risks of alcohol and drugs are much less likely to start using substances.
- Staying involved in activities like summer jobs, volunteering, sports, camps, or trying new hobbies can help reduce boredom and provide positive alternatives to risky behaviors.

## ONLINE RESOURCES

Mental Health, Drug and  
Alcohol: Support for  
Teens and Young Adults

Coping with Extreme  
Heat

Warning Signs & Risk  
Factors for Emotional  
Distress

