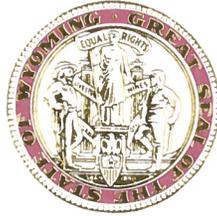


THE STATE



OF WYOMING

May 1, 2015

Dear District Superintendents:

Raising children is no easy task. And helping our children avoid risky behaviors, like alcohol and drug use, is critical to a healthy Wyoming. That's why I believe unequivocally that a healthy lifestyle for a young person is completely absent of alcohol and other drugs.

Surveys show that kids are 50 percent less likely to engage in alcohol and drug use when their parents talk to them about the risks and dangers associated with such behaviors. I encourage all Wyoming parents to establish a zero tolerance policy on drug and alcohol use with their children. But getting that conversation started can seem daunting. That's why the Prevention Management Organization of Wyoming launched the Talk Early and Often campaign for which I am spokesperson. This hard-hitting campaign is aimed at parents and encourages them to talk with their teens and even tweens about the dangers of drug and alcohol use.

The booklet, "How to Talk to Kids About Alcohol and Other Drugs," is part of the campaign. In it, parents will find compelling information on the health effects of alcohol, tobacco, and other drug use in young people and suggestions for talking with their kids – at every age and stage - about avoiding them.

I hope every school district in Wyoming will help get this booklet into the hands of every parent in Wyoming.

Sincerely,

A handwritten signature in blue ink that reads "Carol Mead".

Carol Mead
First Lady of Wyoming

Office of the First Lady

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