

HEALTHY LIVING

In the final video lesson, Athlete Mentors will talk with students about how embracing a healthy lifestyle is key to accomplishing goals in all aspects of life. They will speak about how students can take care of and respect themselves by leading a healthy lifestyle, including avoid underage alcohol use. After this lesson, students will have a live video chat with their Athlete Mentor.

CLASSROOM CHAMPIONS[®]

Because Kids Have What It Takes



Ask your child about Healthy Living:

- Why is it important to take care of your healthy body?
- How do you feel when you are not getting enough exercise?
- What happens when you don't get enough rest?
- What new physical activities would you like to try?
- Why is it important to avoid underage drinking of alcohol?

What are your family standards around alcohol use? Young people whose parents talk with them about alcohol use are less likely to be irresponsible drinkers as youth ---- and as adults.

Your child's teacher has been leading lessons about the negative effects of alcohol on growing brains and bodies. Your child should be able to tell you how alcohol use might derail their dreams.