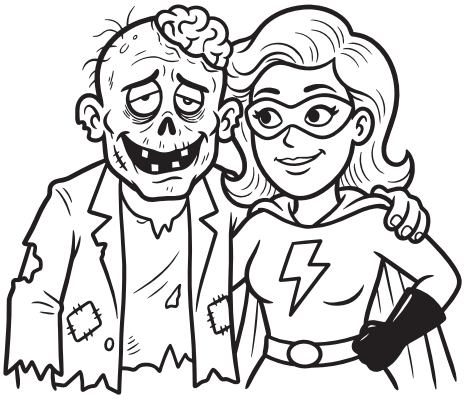
Parents Empowered

PARENT HOMEWORK | RED RIBBON WEEK



PARENTS:

Zombies aren't the only ones with an appetite for young brains! A kid's brain continues developing until about age 25, and the areas still taking shape (the ones behind judgment, impulse control, learning, and memory) are the ones alcohol hits hardest. Drinking during critical development can change how the brain wires itself. The younger kids start, the more likely they are to struggle with addiction down the road. Your part is simple: say your rule out loud and keep saying it. Start at age 9. They're listening, even when they're pretending not to.

KIDS:

Be a superhero, not a zombie! Every superhero lives by rules to keep themselves healthy. Ask your parent or guardian, **"What's our family rule about underage drinking?"** Write it down, get it signed, and make it official.

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Student Name _____

Parent Signature _____ **Date** _____

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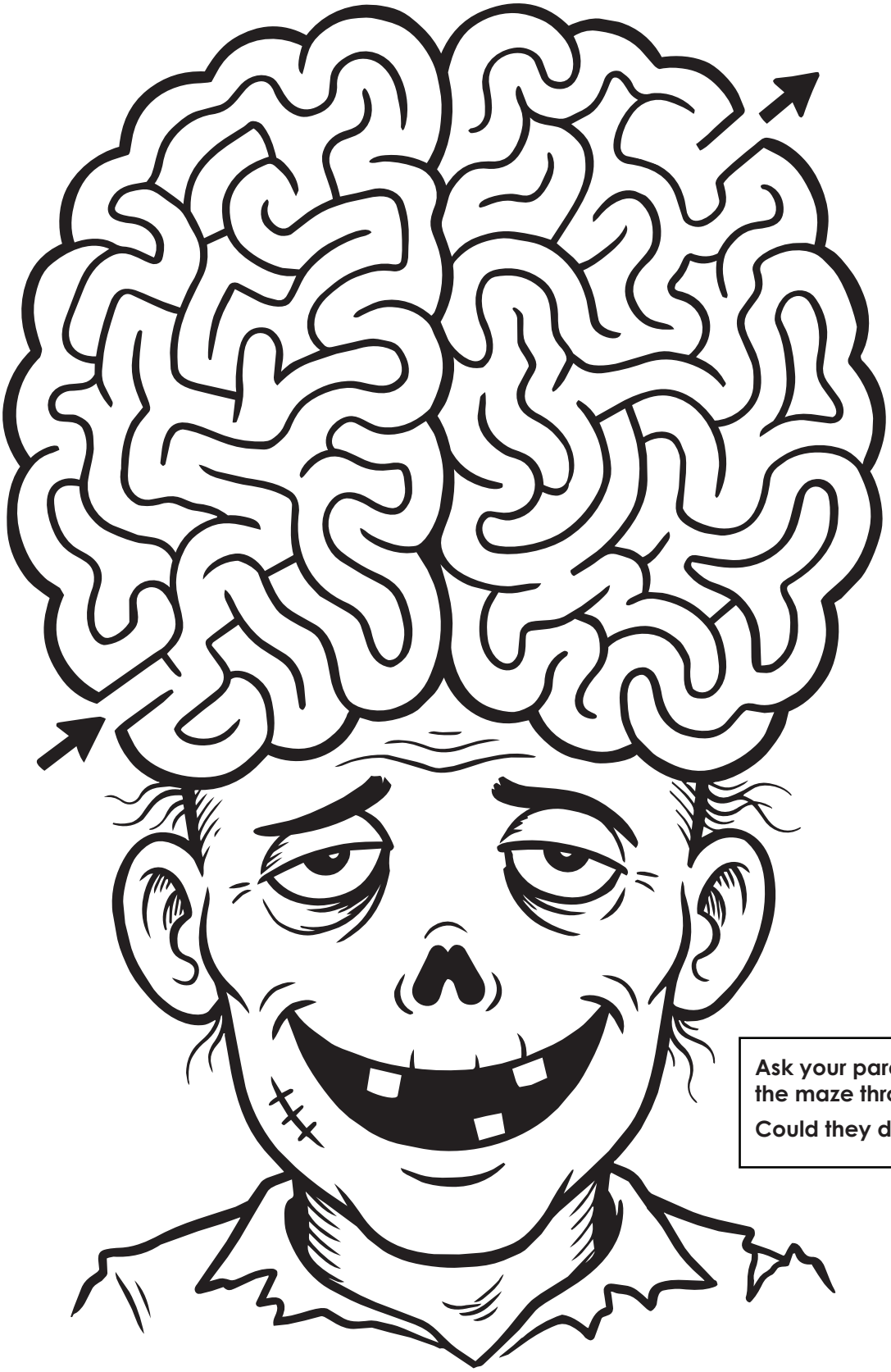

Ask your parent or guardian to complete the maze through the zombie's brain.

Could they do it?

*Could your parents complete the maze? No? Well, that's because that zombie's brain has been harmed because of underage drinking.

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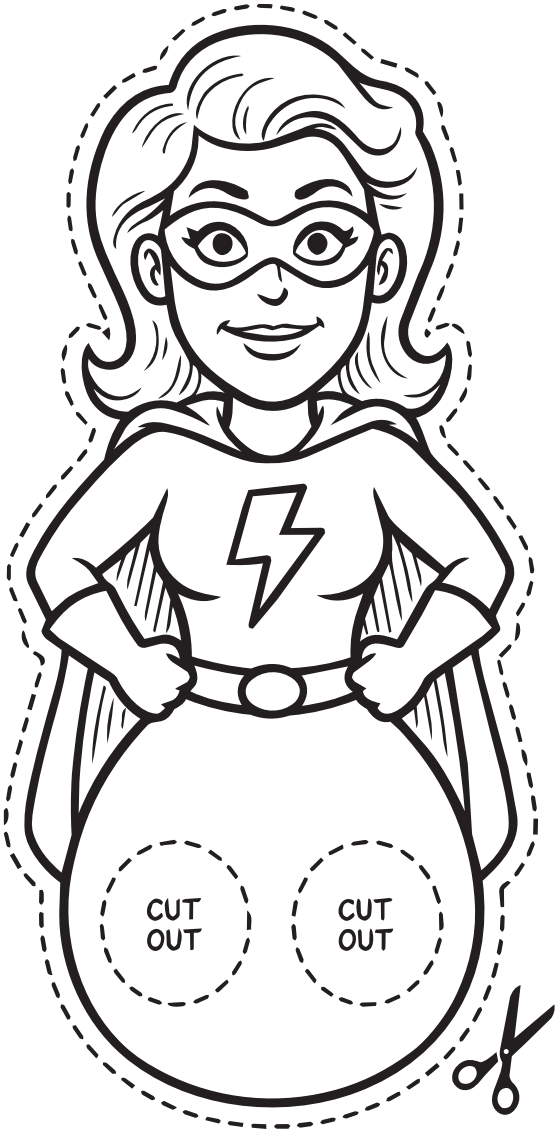

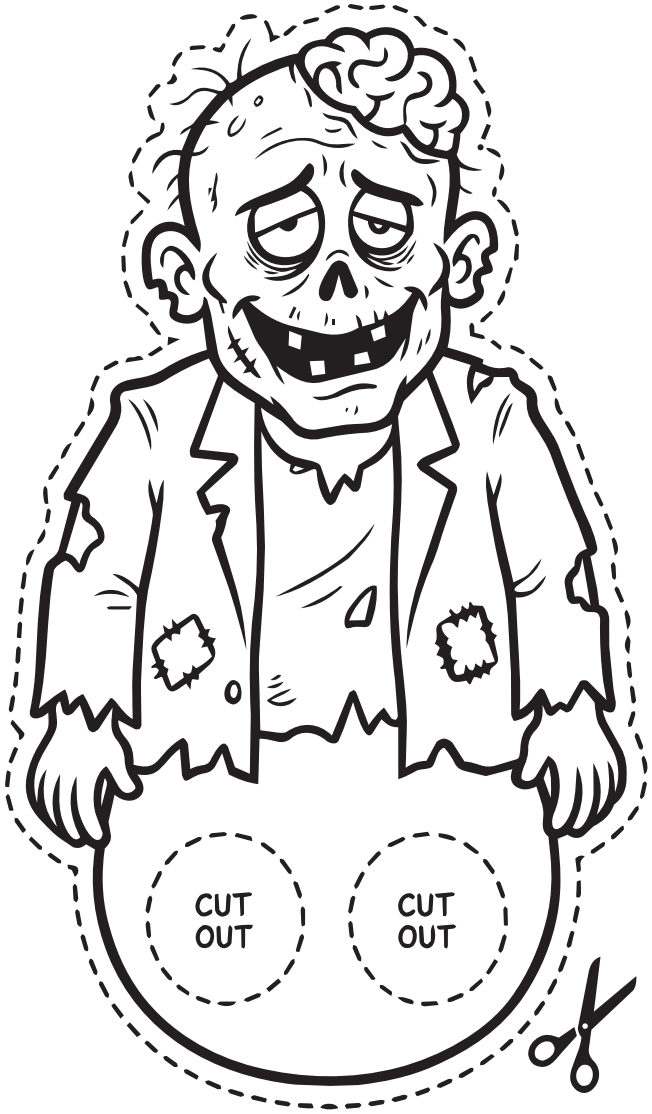

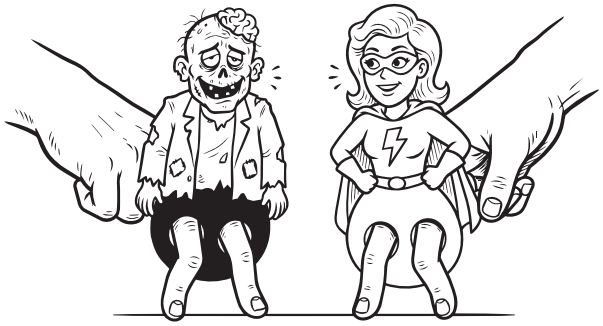

Together with your parent or guardian, chose who is the zombie and who is the superhero. Color your zombie or superhero, then cut them out.

Let your finger puppets talk about the rules about alcohol. Do zombies have the same rules about alcohol at their house as superheroes do? Why? Why not?

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