



High School

Home Connection

Avoiding Addiction

Dear _____,

Today in class, we learned **addictions** can be either positive or negative. To be positive, it should bring value and improve your quality of life. Many negative addictions actually harm you or decrease your quality of life, including alcohol, marijuana, and other non-prescription drugs. They may seem to bring you a sense of temporary relief, but often, the addiction becomes a negative factor in your life. We then brainstormed a list of healthy addictions.

Please encourage your student to share what healthy addictions they learned.

Please do not hesitate to reach out with any questions or concerns.

Best,
