

INVOLVEMENT BUILDS EMPOWERMENT



WHY SCHOOL INVOLVEMENT MATTERS:

When kids are involved in school activities like clubs, sports, or student groups, they build stronger connections with positive peers and adults. These connections create a sense of **belonging and purpose**, which helps protect against risky behaviors, like substance use. Staying engaged gives youth healthy ways to spend their time and boosts their confidence—both important factors in helping them make safe, healthy choices.



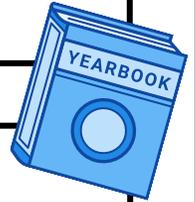
DISCOVER THE OPTIONS

Stay informed by signing up for the school newsletter, website updates, emails, text alerts, etc. Knowing what is available before, during, and after school helps you guide your child toward opportunities that fit their interests.



HELP THEM FIND THE RIGHT FIT

The first activity your child tries might not be the right one—and that's okay. Encourage them to stick with it at least three times before deciding. This helps build motivation, accountability, and resilience. They may need to try a variety of activities and groups before finding their right fit.



PRIORITIZE PARTICIPATION

Making school activities a priority helps your child fully benefit from the experience. Participation builds friendships, teaches new skills, boosts confidence, improves focus and grades, provides a safe space, and supports healthier outcomes.



UTAH VALLEY
DRUG PREVENTION
COALITION