



Monthly Mailer: April



Hello Friends,

Growing up in a home with addiction issues can feel really difficult and lonely. And it can also feel like it will ALWAYS be hard.

I want you to know that you aren't alone. There are a lot of kids that are going through the same stuff you are. And there are a lot of adults who grew up in homes with addiction issues as kids, who are happy and doing great today!

That's because the challenges we face today, help us to build ★resilience. Part of being ok is learning how to find the support you deserve to get through tough times. And that is the focus of this month's mailer.

This mailer includes...

- ★ Addiction education to help kids understand their loved one's illness.
- ★ Social skills activity.
- ★ A fun family activity idea.

Your Friend,
Lauren



- ★ Resilience means the ability a person has to overcome hardship.

★ EFFECTS ON THE BRAIN: CHOICES, BEHAVIORS, ATTITUDES. ★

can you match the question to the answer?

Tip: Don't worry about getting every answer right. Understanding addiction takes time because it's a topic people have a hard time talking about.

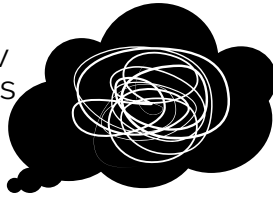


1. Does addiction only happen to **certain people**?



a. Part of addiction is a person gets 'stuck' **thinking** about using drugs or alcohol most of the time.

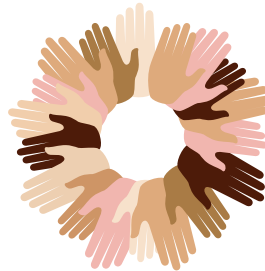
2. What is an example of how addiction effects a person's **thoughts**?



b. Addiction is when a person loses control of the **choice** to get high or drink.



3. What influence on **choice** does addiction have on the brain?



c. Addiction is a medical issue that can happen to **anyone**, rich, poor, men, women, religious or non religious.

4. What kind of **behaviors** occur when a person is addicted to drugs or alcohol?





d. When someone is addicted they may **act** in lots of ways including... using drugs/alcohol and driving, hyper activity, mood swings, sleeping a lot or not enough, saying things that hurt, breaking promises, being silly, falling, or taking drugs/alcohol even when it causes big problems.



GOOD
job!

Having friends helps us get through tough times. There are things we can do to build and strengthen friendships, and stuff we might do that would hurt our ability to make or keep friends.

TO PLAY: Put an  on the things that help build or strengthen friendships.
Place an  over things that would hurt your ability to make or keep a friend.

Apologizing for hurting someone's feelings.



Telling someone they look worried and asking if they are ok.



Borrowing something without asking.



Telling someone you don't like their new haircut.



Saying hello to kids in the hall at school.



Laughing at a mistake someone made.



Yelling at a teammate for missing a shot.



Making fun of someone's art piece in the school show.



Inviting a new student to eat lunch with you.



Did you find any Tic-Tac-Toes?

Can you think of more examples of things to do, and things to avoid when building and keeping friends?

I can be OK!

LOTS OF KIDS FROM HOMES WITH ADDICTION GROW UP TO BE HAPPY AND HEALTHY!

MEET DANIELLE



Rock climbing helps me be ok.

Danielle grew up in a home with addiction issues, which felt really difficult at the time. She's is happy and heathy today because she does a lot of things that help her be ok..... like rock climbing and hula hooping!!!

Hard things she experienced:

- Having a parent in jail.
- Having a parent in treatment for addiction.

Difficult things she learned to do:

- Feel capable.
- Feel worthy of love.
- Set healthy boundaries.

Adult she counted on:

My Grandma was my ROCK!

TODAY DANIELLE
WORKS AS A
THERAPIST HELPING
PEOPLE START
RECOVERY FROM
ADDICTION.

MY POSSIBILITIES

A hard thing I've overcome is _____

Two things I do to take care of myself are _____ & _____

One thing that is hard for me now is _____

2 things I can do to help me cope with hard things are

When I grow up I could be a _____

Because I am good at _____



FUN FAMILY IDEA

CHALK DRAWING

What you'll need...

Some sidewalk chalk.. a sidewalk... a creative attitude!

Plan your masterpiece



Optional theme: What I love!

Post your fabulous art on Instagram and make sure to tag us
@the_riley_foundation