

October 4, 2018

Dear Parent(s)/Guardian,

New Trier High School strives to promote healthy lifestyles, attitudes, and behaviors for students. To that end, New Trier partners with parents to support their work to teach their children healthy decision-making skills. We know that students consistently say the number one external reason why they don't use substances is because of their parent's rules. (Youth Risk Behavior Survey, 2002-2016).

This letter contains two invitations. The first is to participate in a survey we are conducting to better understand how parents perceive issues of substance use in our community. Please take a moment to complete this survey at <https://www.surveymonkey.com/r/L5XSRXF>. All responses are anonymous. The results will help us better plan future parent programs and informational newsletters.

The second invitation is to join the Parent Support Network (PSN). Establishing clear limits and boundaries with teens around alcohol and drug use has been identified as an area parents find both challenging and sometimes isolating. The PSN facilitates communication among parents, between parents and their children, and within the community, so parents do not feel alone in their efforts. Over 500 families have participated each year.

Participation in the PSN means that to the best of your ability you support a set of guidelines established to set clear limits for our teens around substance use (prohibiting alcohol or other drug use in your home, providing adult supervision or parties, etc.), that you agree to have your name listed in an online directory, and that you welcome communication from other participating parents when hosting social gatherings.

The online directory, available only to PSN members, consists of the names and contact information of all participating parents. All NT parents will also receive electronic newsletters throughout the school year regarding prevention information and workshops.

If you would like to participate, please register through the following link.

<http://www.newtrier.k12.il.us/psnsignup/>

**If you have more than one student to be listed in the directory, you must register each student separately. If you were a previous participant in last year's PSN, you must register again.** The directory is updated each year. (Please note you will receive access to the PSN online directory only if you sign up)

If you have questions please contact Kristine Hummel, Student Assistance Program Coordinator at 847-784-2113 or [hummelk@newtrier.k12.il.us](mailto:hummelk@newtrier.k12.il.us)

Sincerely,

Timothy Hayes, Ed.D.  
Assistant Superintendent for Student Services