

Dear Parents and Caregivers,

Strawberry Seals Swim Team partners with the Raising the Bar Campaign, a county-wide initiative dedicated to keeping youth events substance free. Research shows that parents have a significant influence on their children's decisions regarding alcohol. By working together to prevent underage alcohol consumption, we can have a direct impact on the health of our local youth and decrease the short and long-term consequences to adolescents, families, and our community as a whole.

Raising the Bar, a [Marin Healthy Youth Partnerships](#) program, collaborates with the Marin Prevention Network, Marin County Office of Education, Marin Health and Human Services, schools, local coalitions and youth organizations to shift the norms of substance use and encourage modeling of healthy choices to create a healthier environment for all Marin County youth.

We ask that all parents and caregivers abstain from using alcohol, tobacco, marijuana and other substances and youth-focused events, sports competitions and team celebrations. Please join us to ensure the well being of our youth by promoting healthy modeling at all events in person or virtual.

For more information, please visit [raisingthebarmarin.org](http://raisingthebarmarin.org).

Sincerely,

Strawberry Seals Swim Team