



# BREAK THROUGH THE NOISE

## READING PLAN

### WEEK 1

- 1 Break Through the Noise | Introduction
- 2 Break Through the Noise | Week 1 | Drugs and Alcohol

### WEEK 2

- 1 Break Through the Noise | Week 2 | Social Media

### WEEK 3

- 1 Break Through the Noise | Week 3 | AI

### WEEK 4

- 1 Break Through the Noise | Week 4 | Mental Health