

PARENTS: YOU MATTER

Drugs/Alcohol,
Your Teen
and YOU



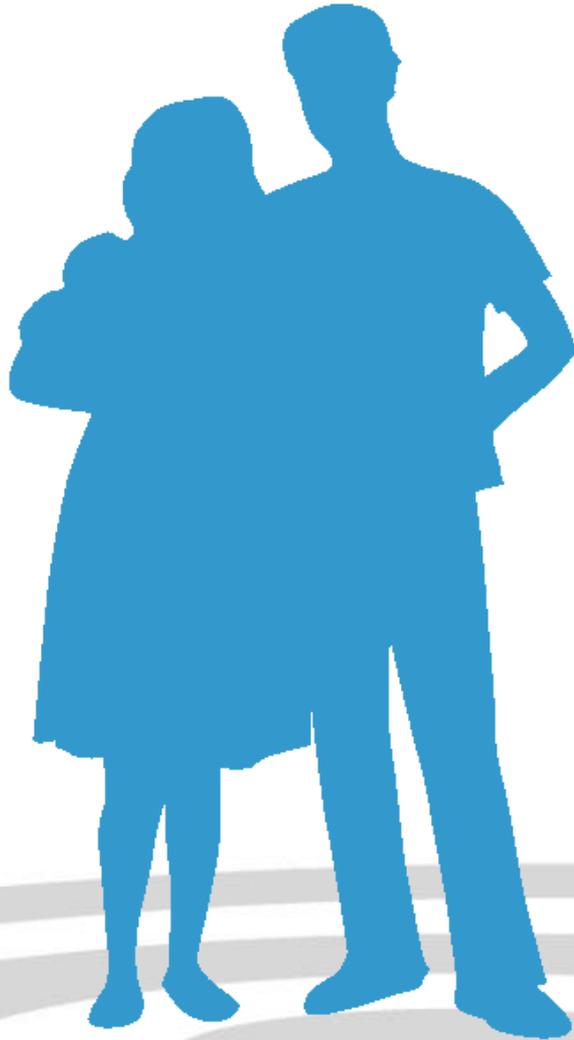


PARENTS

- Moms and dads
- Grandparents
- Aunts and uncles
- Close family friends
- Mentors
- Other caregivers

**The presence of a caring adult
in a child's life**

Today's Presentation



- Why YOU matter
- Why DO kids use drugs/alcohol?
- What YOU can do
 - ✓ Communicate – 4 Tips to Help
 - ✓ Monitor – 6 Tips to Help
 - ✓ How to spot drug/alcohol use
 - ✓ What to do if you spot drug/alcohol use
- Next Steps

Why YOU matter

You matter because you can help your child avoid getting involved in drugs/alcohol

You matter because you can help your child get help if they need it



Kids who learn about the danger of drugs at home are significantly less likely to use

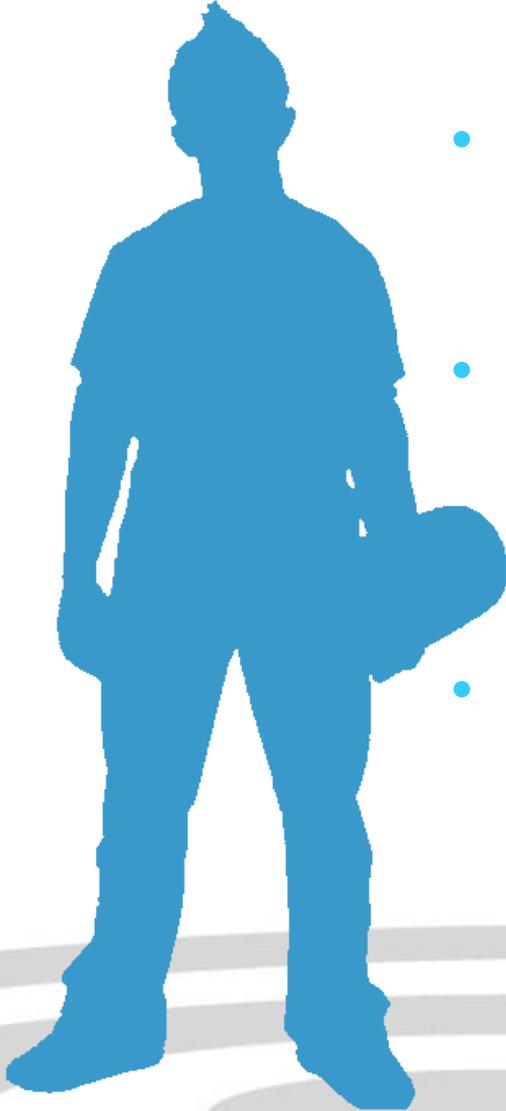
2 million teens need treatment, 90% don't get it

Why DO kids use drugs/alcohol?

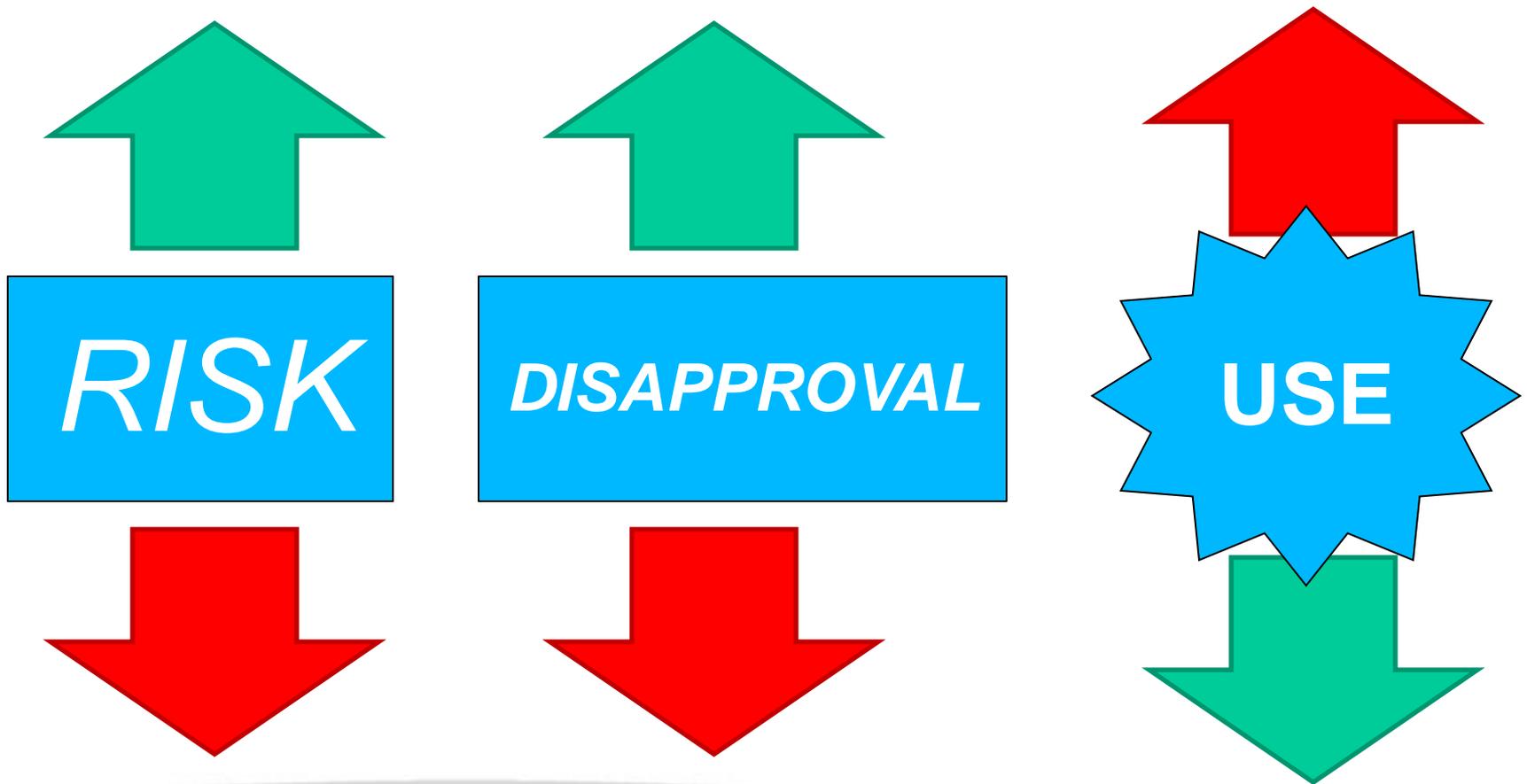


Many Factors

- There are many factors that affect a kid's decision whether or not to use
- Today, we'll focus on the most important factors by looking at what's going on in their mind and in their world
- And look at the special vulnerabilities some kids face



In their minds...

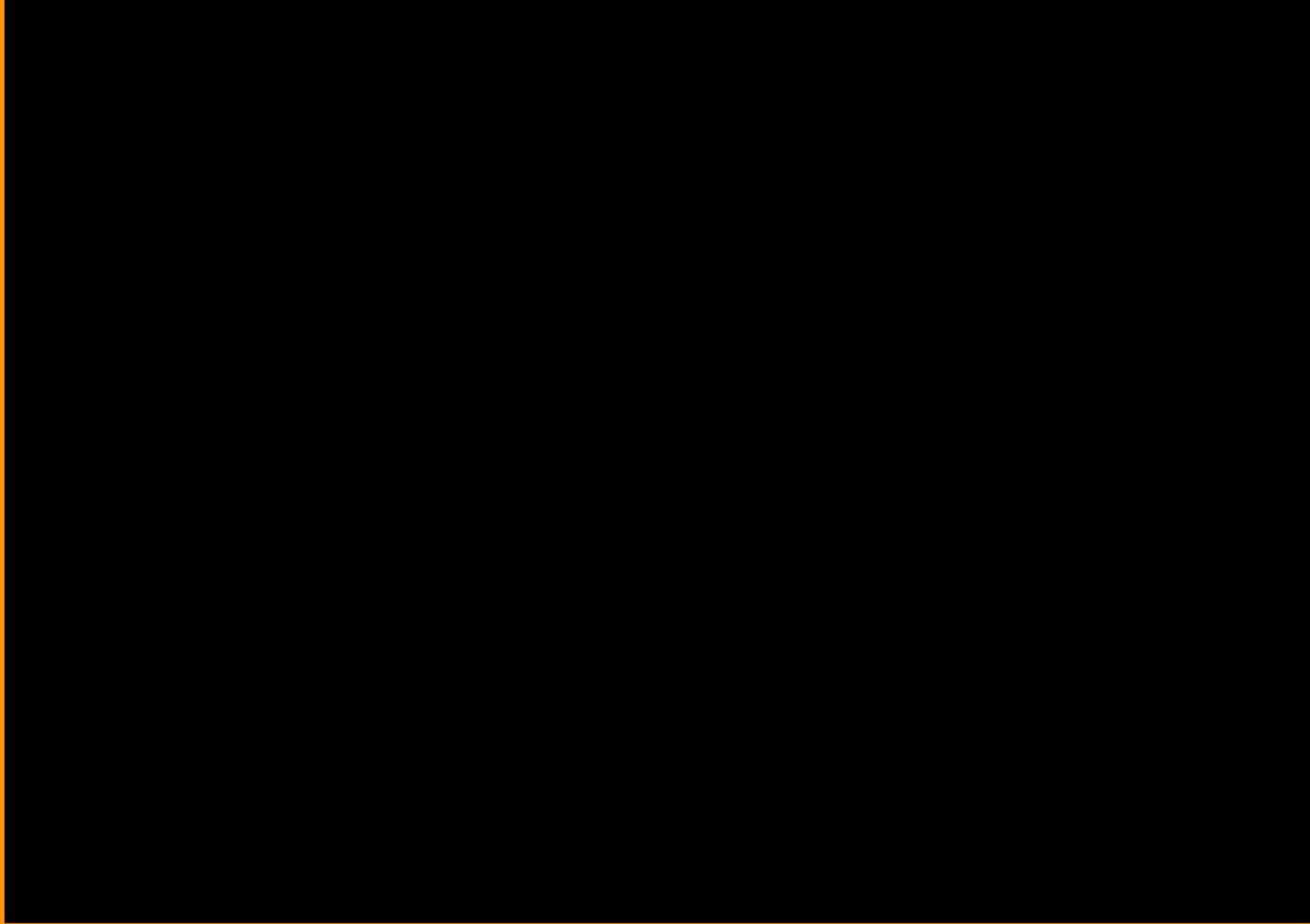


In their minds ...



**When is the
human brain
fully developed?**

DR. KEN WINTERS – TEEN BRAIN



DR. KEN WINTERS – TEEN BRAIN



A PARENT'S GUIDE TO THE **TEEN BRAIN**

Parenting tips and advice
[Sign up today](#)

Help us get the word out
[Send this to a friend](#)

**THE PARTNERSHIP
AT DRUGFREE.ORG**

WHO IS THIS KID?

Typical teen behaviors

DO ANY OF THESE SOUND
FAMILIAR?

- Impulsive
- Rebellious
- Style-obsessed
- Irritable
- Incommunicative
- Friend-centered



WHY DOES YOUR TEEN DO THAT?

The science in a nutshell

WHAT CAN YOU DO?

Skills, tools and tips

The Fashion Icon

This teen's a walking billboard. His clothes, his accessories, his gadgets: everything's got to have this week's version of the right label. And don't even get him started on YOUR (ahem) "taste."



A normal teen will exhibit many of these behaviors. [Find out the science](#) behind your teen's personalities.

www.drugfree.org/teenbrain

In their world ...

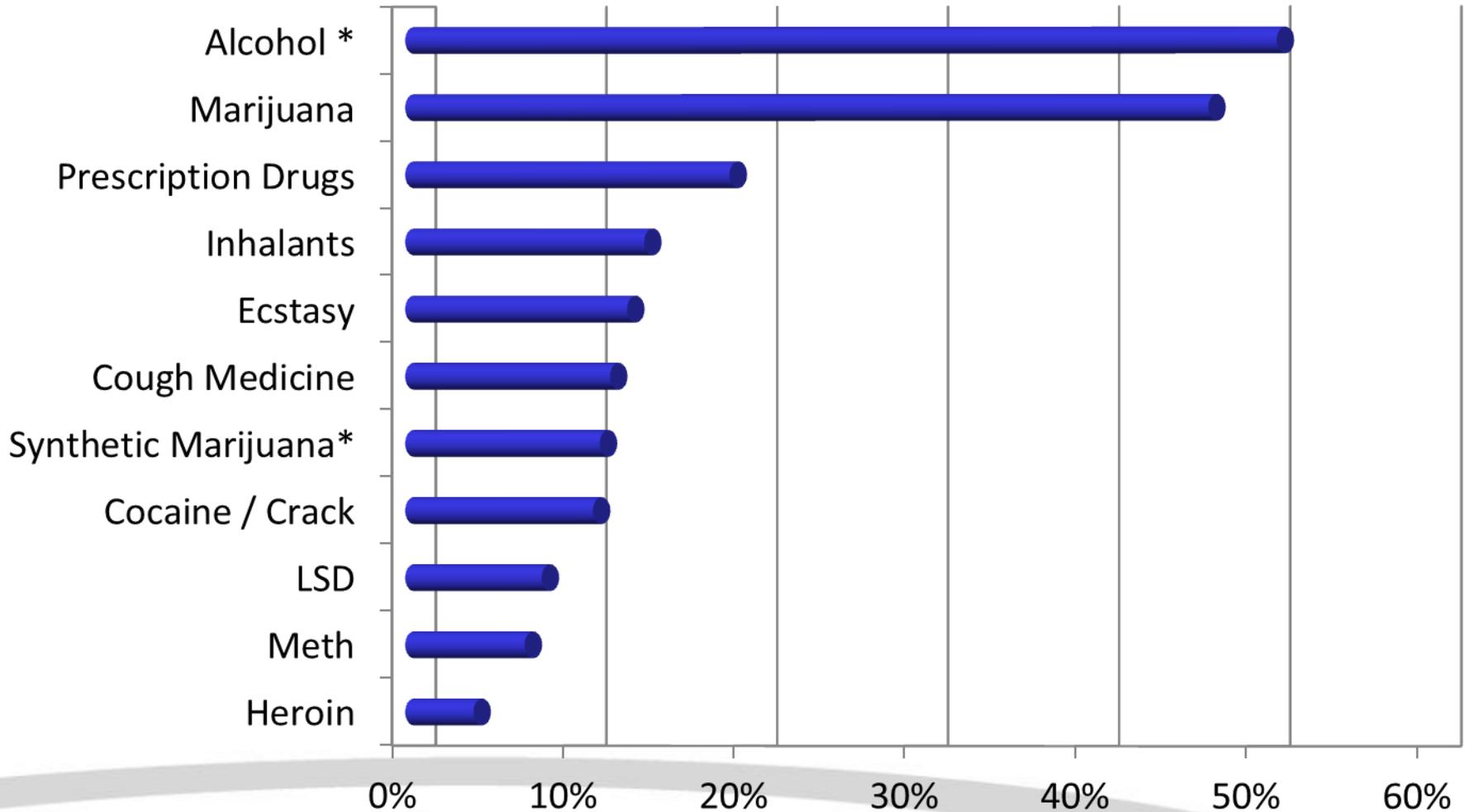


- Stress from school
- Relationships
 - ✓ Friends
 - ✓ Romantic
- Family pressures & problems
- Transitions & fitting in
- Independence (Cars)
- Availability of drugs and alcohol

National Drug & Alcohol Scene

- In the past 30 days:
 - 24 percent of 12th graders have used an illicit drug – more than one-third of whom used an illicit drug other than marijuana
 - 41 percent drank alcohol; 27 percent report being drunk
- 28 percent of 12th graders report having five or more drinks in a row in the past two weeks

National Drug & Alcohol Scene



The Partnership at Drugfree.org, PATS, 2011; 7-12th Grade Lifetime Use; * Alcohol, "Been Drunk" 12th Grade Lifetime, Synthetic Marijuana Lifetime Use, Monitoring the Future, 2011

Oklahoma's Underage Drinking Problem:

According to the 2012 Oklahoma Prevention Needs Assessment:

- Youth reported having drank alcohol

6th grade – 28%

8th grade – 51%

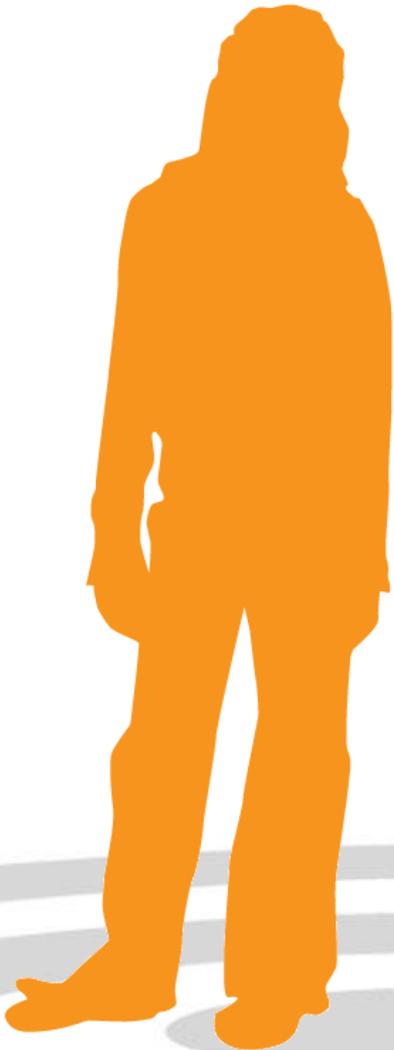
10th grade – 67%

12th grade – 75%



- 30% of 12th graders reported having binge drank in last 2 weeks (5 or more drinks in a row)

Special Vulnerabilities



- Family history – predisposition to drug or alcohol problems
- Close friends who use drugs or alcohol
- Early first use
- Diagnosed or undiagnosed depression/other mental health disorders
- Problems in school/learning disabilities

What You Can Do

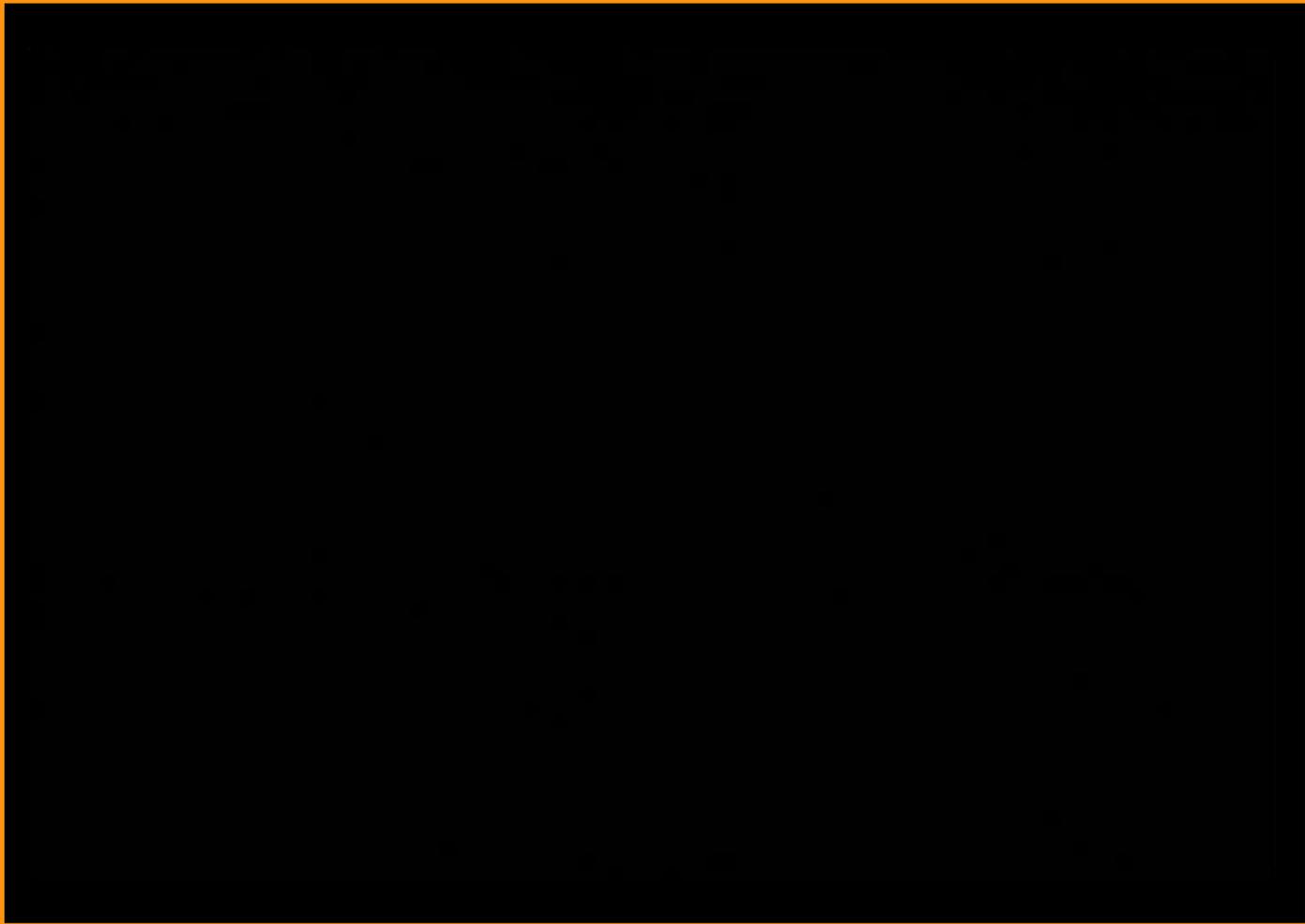
- You can help your child avoid the problem (prevention)
- You can help your child address the problem (how to spot drug/alcohol use & what to do when you find it)



YOU ARE ABLE



YOU ARE ABLE



What You Can Do



- You can help your child avoid the problem (prevention)

Learn



- Learn the facts about drugs/alcohol
- Be aware of what's going on in your community
- Not the same world you grew up in

Communicate – 4 Tips to Help

1. Clearly communicate the risks of drug/alcohol use
2. Let your kids know you disapprove of any drug/alcohol use – teens who believe their parents will be upset if they try marijuana **are 44 percent less likely to do so**
3. Use “teachable moments” to raise drug/alcohol issues
4. Frequently talk **AND LISTEN** to your kids about how things are going in their lives

Even if you used in the past, don't be afraid to talk!

You do matter ...

Kids who learn a lot about the risks of drugs at home are significantly less likely to use drugs

and

According to an MTV survey, almost half of all kids name a parent as their hero.

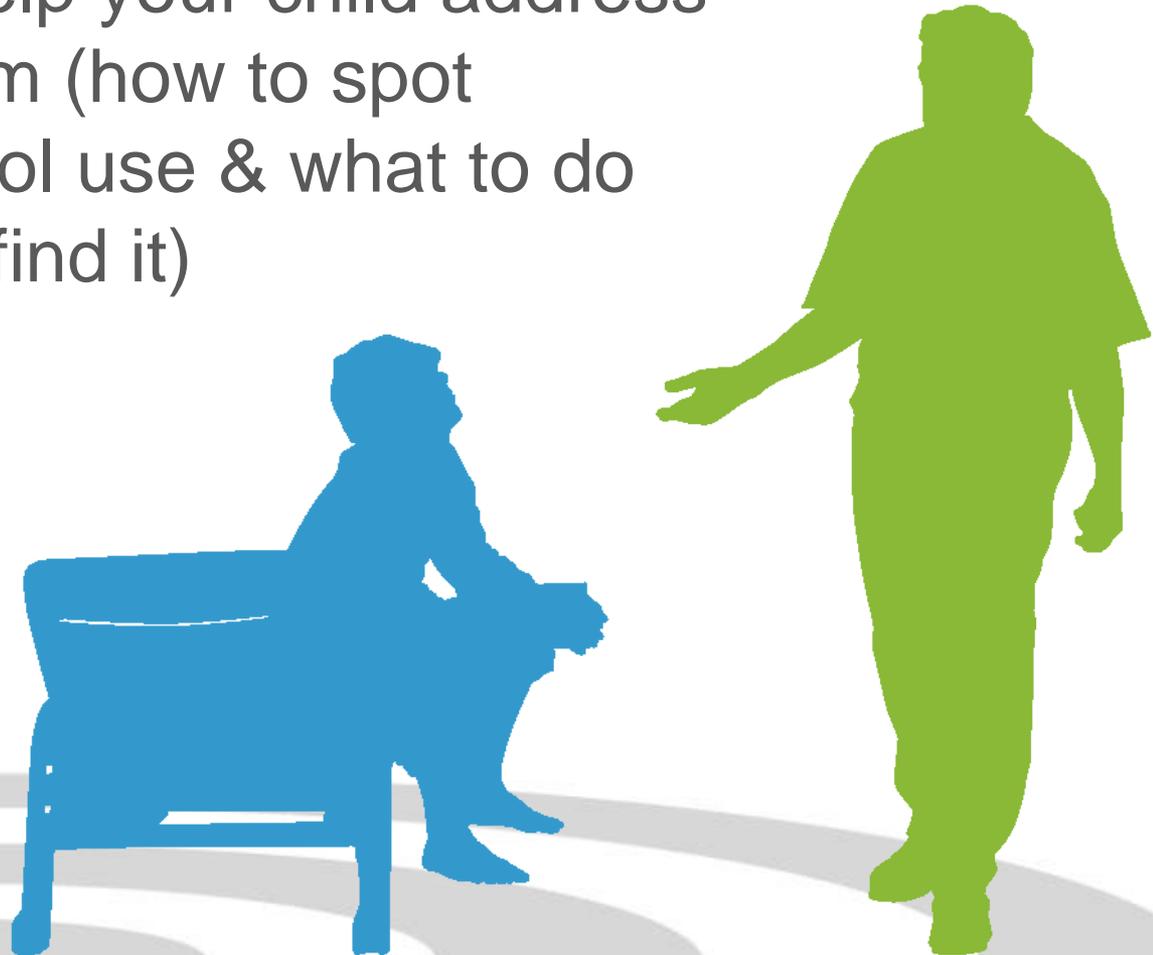
Monitor – 6 Tips to Help

1. Know who your child is with
2. Know what they're doing
3. Know where your child will be
4. Know when your child is expected home
5. Know who your teen's friends are – communicate with their parents
6. Establish and enforce rules – including a clear “no use” policy.



What You Can Do

- You can help your child address the problem (how to spot drug/alcohol use & what to do when you find it)



How To Spot Drug/Alcohol Use

- Here are 5 changes to watch for...
 1. Declining school work and grades
 2. Abrupt changes in friends, groups or behavior
 3. Sleeping habits/abnormal health issues
 4. Deteriorating relationships with family
 5. Less openness and honesty

- Be aware of special vulnerabilities

KENNY



KENNY



What to Do When You Spot Drug/Alcohol Use

5 ways to take action

1. Focus – You can do this
 - ✓ Don't panic, but [act right away](#)
2. Start talking
 - ✓ Let your child know you are concerned - communicate your disapproval
3. Set limits – set rules and consequences
4. Monitor – Look for evidence, make lists, keep track
5. Get outside/professional help – you don't have to do this alone

THREE MOMS – ACT SOONER



THREE MOMS – ACT SOONER



Next Steps

- Talk with the kids you care about
- Connect with other parents
- Learn more

THE TALK



THE TALK



Talk to Your Kids

- Communication with your kids makes a difference
- The wreckED DVD provides a “teachable moment” to start / continue your conversation
- wreckED is a 10-minute, teen-focused video featuring teens talking about some of the consequences they faced because of their drinking and drug use

Watch wreckED



Planning your conversation

- Who will be present?
 - Both parents/guardians?
 - If you have more than one child, will they watch & discuss together or separately?
- When will you talk?
 - Avoid distractions
- Where will you talk?
- What issues do you want to address?

Key Discussion Points

- Using alcohol or other drugs is not healthy for your teen, and – because you love them and care about them – it is a family rule that they cannot use alcohol or other drugs.
- If they are ever in a situation in which they are uncomfortable or need help, they can call you.
- Reassure them that you will always be there and work together to find a solution that works your family.

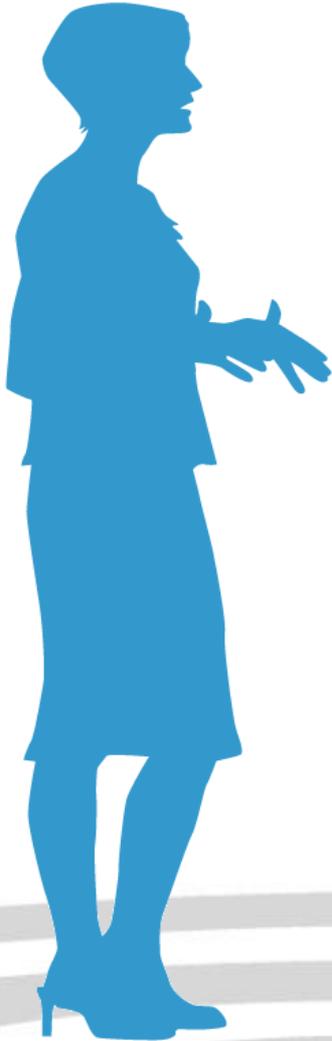
Connect with other Parents

- Create a parenting network, starting with the parents of your kids' friends
- Share experiences & concerns
- Substance abuse can't be a taboo subject

Why Connect?

- Arrange plans/pick-ups
- Respond to/prevent problems
- Share tips about programs & services
- Find your child after curfew
- “Compare notes”
- Informal way to get help

Learning More



- Other Parents
- Local Resources
 - ✓ Treatment providers
 - ✓ Prevention organizations
 - ✓ Law enforcement contacts
- The Partnership at Drugfree.org

Drugfree.org Resources

PREVENT

- **The Parent Talk Kit** helps you start the conversation
- **Habla Con Tus Hijos**-Spanish-language version
- The **Decoder** blog
- **The Drug Guide for Parents**

INTERVENE

- **Time to Act** if you think or know your child is using.
- **Intervene blog**
- **Intervention eBook**

GET TREATMENT

- **Treatment eBook**
- **Time to Get Help** helps parents better understand teen and young adult substance abuse and addiction.

RECOVER

- **Time to Get Help community** connects parents who understand and have been there.

You are not alone

Connect with The Partnership at Drugfree.org

HELPLINE



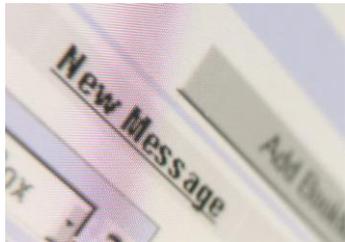
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And always remember...

YOU MATTER!

Questions?

Comments?

PARENTS: YOU MATTER!

DRUGFREE.ORG/PACT360



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Thank You



This project was supported by Grant No. 2010- DB-BX-K025 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.