



YOUTH SERVICE BUREAU

# SUBSTANCE USE: A RESOURCE GUIDE FOR PARENTS

**Better Choices. Brighter Futures.**



youth  
service  
bureau

*Better Choices. Brighter Futures.*

[ysb.net](http://ysb.net)

## **Stillwater**

6120 Oren Avenue North  
Stillwater, MN 55082


## **Woodbury**

7876 Hudson Road, Suite #1  
Woodbury, MN 55125



## **Cottage Grove**

7064 West Point Douglas Road, Suite #201  
Cottage Grove, MN 55106





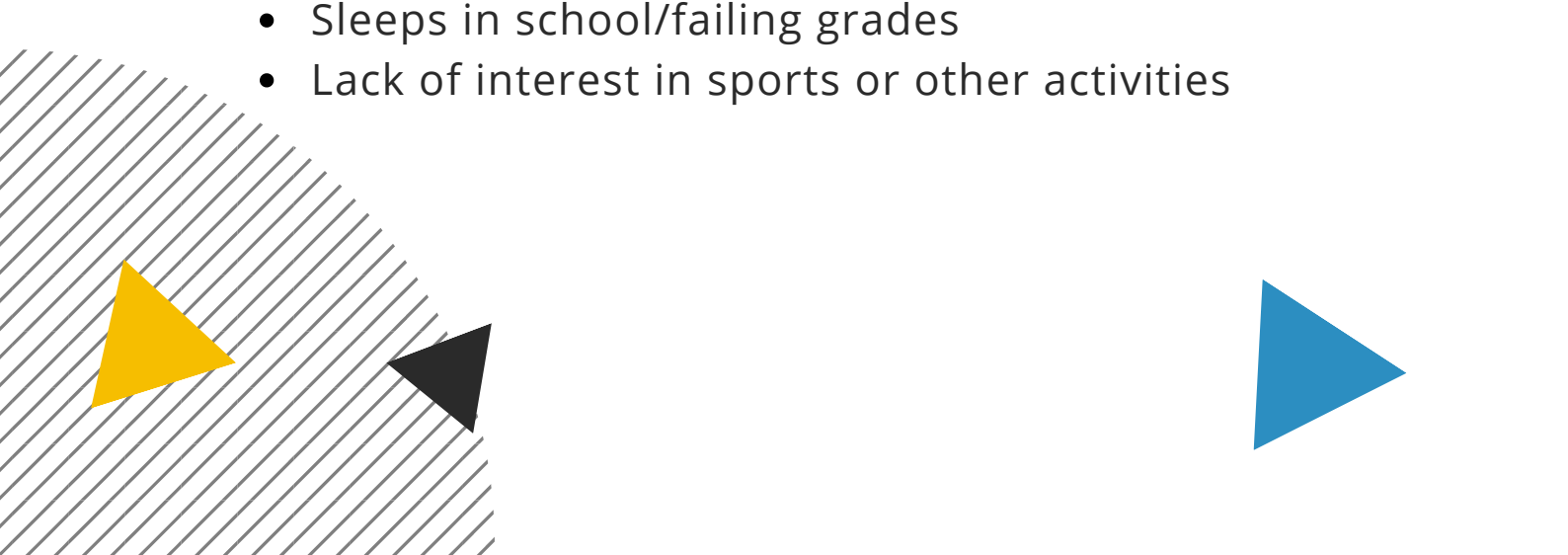
# SIGNS OF SUBSTANCE USE

## WHAT TO WATCH FOR:

### Physical Signs:

- Inability to sleep or awake at unusual times
- Smell of substance on breath, body, clothes
- Runny nose, hacking cough
- Red, watery eyes
- Change in eating, unexplained weight loss/gain

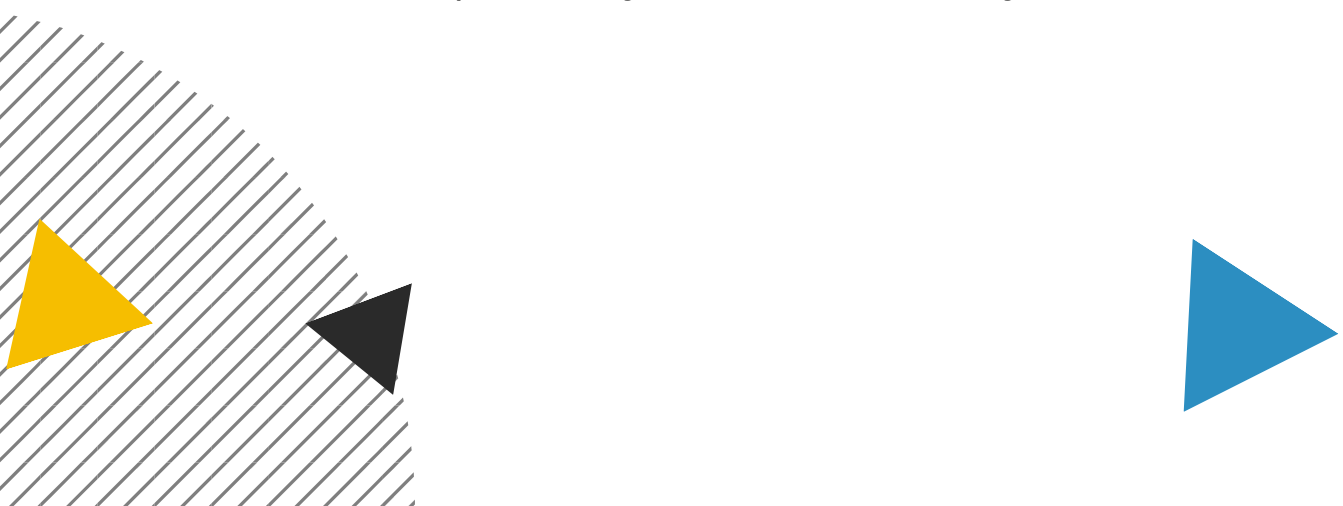
### Behavioral Signs:

- Changes in attitude, personality
  - Excessive need for privacy
  - Chronic dishonesty
  - Does not obey curfew or house rules
  - Sleeps in school/failing grades
  - Lack of interest in sports or other activities
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# COMMUNICATING WITH YOUR CHILD/TEEN

## CONSIDER THE FOLLOWING AS YOU BEGIN YOUR CONVERSATIONS:

- Communicate with your teen about substance use before a problem develops. Talk about your opinions regarding use.
  - Discuss house rules and consequences for substance use.
    - Explain your expectations of appropriate behavior and that you do not want them using substances.
    - Agree on consequences for breaking the rules and using substances.
  - Pay attention to any changes in your child.
    - Some changes are normal for teen development.
    - Take time to listen to changes in your child's life.
  - Give and get respect through equal communication.
    - Listen and reply to your teen in a respectful manner when they talk about their substance use. Your teen may be asking for help!
  - Enforce consequences you can reasonably enforce.
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# WHAT CAN I DO?

**YOU HAVE WHAT IT TAKES.**

- Have ongoing conversations with your child about substance use. Teens often report they hear the most about drugs from peers at school, however they do not think peers are reliable sources.
- Be open and listen to his or her story. After listening, calmly discuss a consequence. Yelling or arguing with a child could cause them not tell you or ask for help in the future,
- Educate yourself about drugs so that you can give your child correct information. Teens look to parents to give information that is accurate.
- Be an advocate. Help your teens say no to peer pressure. Kids sometimes need help saying no to peers - give them an outlet if they cannot say no yet to friends.
- Don't make excuses for your child's poor behavior or poor choices. You have not failed as a parent and can help your child make better choices in the future.

# HELP AT YOUTH SERVICE BUREAU

**WE ARE HERE TO HELP.**

- Chemical Awareness Program: A class for youth and parents to learn about common chemicals and the consequences of their use.
  - Teen Intervene: A brief substance intervention for youth who are using, but not dependent, on alcohol or drugs.
  - Youth-Focused Family Counseling: Sessions with licensed counselors to help youth and families with a variety of concerns.
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