

# LO QUE LOS PADRES NECESITAN SABER SOBRE LAS TENDENCIAS DE ABUSO DE SUSTANCIAS

Presentación de la sesión de desglose de las conexiones principales de BCSD  
12/16/2021

Presentadores: Dr. Loretta Novince & Mrs. Laura Pirkey

Traductora: Ms. Laura Pumarejo

# Agenda

- ❑ Lo que los padres necesitan saber sobre las tendencias de abuso de sustancias
  - ❑ *Uso de sustancias en jóvenes: efectos sobre el cerebro adolescente en desarrollo / factores de riesgo, Dr. Loretta Novince, 20 minutos*
  - ❑ *Recursos de prevención para padres, Mrs. Laura Pirkey, 15 mins.*
  - ❑ *Sesión de preguntas y respuestas, 10 minutos*



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**MISIÓN DE LCAHY:**  
REUNIR A TODOS LOS  
SECTORES DE NUESTRA  
COMUNIDAD PARA  
IDENTIFICAR E  
IMPLEMENTAR  
ESTRATEGIAS QUE  
PROMUEVAN EL  
DESARROLLO POSITIVO  
DE LOS JÓVENES AL  
ABORDAR EL USO /  
ABUSO DE SUSTANCIAS  
POR PARTE DE LOS  
JÓVENES Y LOS  
COMPORTAMIENTOS DE  
RIESGO RELACIONADOS.



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LCAHY ES LA ÚNICA COALICIÓN BASADA EN LA COMUNIDAD DENTRO DEL CONDADO DE BEAUFORT QUE REÚNE A LA REPRESENTACIÓN DE TODOS LOS SECTORES DE LA COMUNIDAD PARA DESARROLLAR E IMPLEMENTAR UNA SOLUCIÓN INTEGRAL PARA **PREVENIR Y REDUCIR EL USO / ABUSO DE SUSTANCIAS ENTRE LOS JÓVENES Y LOS COMPORTAMIENTOS DE RIESGO RELACIONADOS.**

# PARTE 2: RECURSOS DE PREVENCIÓN PARA PADRES

Parent Connections Presentation

BCSD

12/16/2021



# Mrs. Laura B. Pirkey

- Director de Proyecto para la Subvención comunidades libres de drogas
- Coordinador de Juventud de LCAHY
- Asesor de Adolescentes para Jóvenes Saludables Bluffton High School
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**"Promoting Positive  
Teen Health"**

## Pagina web de LCAHY's

- Contiene una gran cantidad de recursos de prevención para los padres. También hay recursos específicos para educadores.
- Vaya a Recursos. Seleccione Padre u otro sector.
- Traducción al español disponible en el sitio web.



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<http://www.lcahealthyouth.com/>



# Recurso #1- SAMSHA Hablar. Te escuchan. Campaña

- Hablen de que le escuchan la prevención del uso de sustancias
- ¡Descarga la aplicación en tu celular!
- Suscríbese al boletín electrónico.
- “Habla. Te escuchan”. PSA a su lado: 60 segundos

# SAMSHA's Conversation Goals

## 1 Show you disapprove of underage drinking and other drug misuse.

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink or not. Don't assume they know how you feel about drinking and substance use. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.



## 2 Show you care about your teen's health, wellness, and success.

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want them to be happy and safe. The conversation will go a lot better if you're open and show your concern for their well-being.



## 3 Show you're a good source of information about alcohol and other drugs.

You want your teen to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don't want him or her to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

## 4 Show you're paying attention and you will discourage risky behaviors.

Young people are more likely to drink or use other drugs if they think no one will notice. Show that you're aware of what your teen is up to, but do this in a subtle way and try not to pry. Ask about friends and plans because you care, not because you're judging—you are more likely to have an open conversation.



## 5 Build your teen's skills and strategies for avoiding drinking and drug use.

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your children about what they would do if faced with a difficult decision about alcohol and drugs. Practice saying "no thanks" with them in a safe environment and keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to check in frequently with quick chats and keep the lines of communication open.

# Recurso #2- NIDA



National Institute on Drug Abuse  
Advancing Addiction Science

- Marihuana: hechos que los padres necesitan saber
- Datos que los padres deben saber sobre el folleto sobre la marihuana



HOW CAN I TELL IF MY CHILD HAS BEEN USING MARIJUANA?

HOW DOES MARIJUANA AFFECT DRIVING?

HOW MANY TEENS USE MARIJUANA?

CAN A PERSON WHO USES MARIJUANA HAVE A BAD REACTION?

**MARIJUANA: FACTS PARENTS NEED TO KNOW**

HOW CAN I PREVENT MY CHILD FROM GETTING INVOLVED WITH MARIJUANA?

WHAT ARE THE LONG-TERM EFFECTS OF MARIJUANA USE?  
**WHAT DOES MARIJUANA DO TO THE BRAIN?**

IS MARIJUANA MEDICINE?

CAN A PERSON BECOME **ADDICTED** TO MARIJUANA?

HOW LONG DOES MARIJUANA STAY IN THE BODY?

CAN MARIJUANA AFFECT MY CHILD'S **GRADES?**

WHAT ARE THE **EFFECTS** OF MARIJUANA?

WHAT ABOUT EFFECTS ON PREGNANCY?

ARE THERE TREATMENTS FOR PEOPLE ADDICTED TO MARIJUANA?

National Institute on Drug Abuse  
National Institutes of Health



healthy children.org  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

## Recurso #3-Healthy Children.org

### Featured Article



#### One-on-One Time with the Pediatrician

During an adolescent wellness visit, before the physical exam, the doctor will ask the parent to allow some time alone with the adolescent. Parents and adolescents should understand the reasoning behind this routine. Learn more here.

[View](#)

- Peligros de la marihuana comestible: cómo los padres pueden prevenir el envenenamiento por marihuana
- Alcohol: la opción más popular
- Estrategias de intervención para padres preocupados
- Vapeo: peligroso, disponible y adictivo

# Coalición Juvenil de LCAHY

- Teens for Healthy Youth es una iniciativa de la Low Country Alliance for Healthy Youth.
- Comenzó como un programa piloto en Bluffton High School en 2013 y creció para incluir siete escuelas secundarias del área con más de 150 miembros.
- THY utiliza la educación entre pares para prevenir el uso de sustancias.
- Por ejemplo, durante la Semana Nacional de Datos sobre Drogas y Alcohol, THY educa a sus compañeros sobre el mito y los hechos del uso de sustancias.



“Promoting Positive  
Teen Health”

- [THY website](#)
- [THY Brochure](#)
- [THY Recruitment Video](#)

# THY Success Stories



THY BLHS juega trivia de hechos sobre drogas con estudiantes de 6° grado durante Semana Nacional de Datos sobre Drogas y Alcohol

[Read More About THY](#)



Kylie Nelson, miembro de THY MRHS, da un mensaje a sus compañeros sobre el tabaquismo, el vapeo y la salud mental



TIEMPO DE  
PREGUNTAS Y  
RESPUESTAS

# Contáctenos

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