



# Prevention *for parents*

## Substance-Free Summer Fun

School's out, COVID restrictions are easing up, and it's been about a year since our young people have shut their screens down for an extended period of time.

This is all great news and I think most of us are excited for our kids to have a break, but they still need some guidance and prevention efforts during the summer months!

With more free time, less supervision, and time with peers, substances may make their way into the mix of summer activities. What can you do to support a substance-free summer?

Here are some tips:

- Set expectations around substance use
- Know where your teen is, who they are with, and what activities they're doing
- Promote healthy coping skills like walking, mindful breathing, being outside, etc.



- Role model healthy behaviors
- Talk with your teen about how to get out of a situation where substances are present
- Provide or encourage positive, substance-free activities like exercising, family time, enrichment programming/summer camps, getting a job, volunteering, creative projects, or whatever it is they enjoy doing!
- Provide support if they need help with substance use

## Mental Health Support Over Summer Break

Our school district counseling staff will be out of the office for summer break between June 15th and September 1, but there are many community supports available if your child needs help over the summer. It has been a difficult year, so please seek

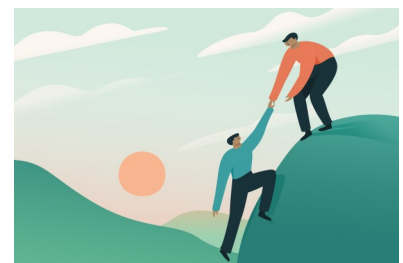
help when you or your family need it.

Check out these pages if you need help:

[Readiness to Learn](#)

**Substance Use Specific Resources:**  
[Substance Use Prevention & Intervention Resources](#)

Take good care, we'll see you in the fall!



## Summer FUN!

Have some fun this summer with the South Whidbey Community Center! Enjoy martial arts, crafts, gardening, dance, music, performing arts, and more at SummerFUN!! Bring the family for the Community Paint and Family Fun Days! The fun is starting on June 19!



These camps will have school bus transportation available and lunch provided as requested. Check out the calendar and classes, and register [HERE!](#)



## What Would You Like To See In The Next Issue?

Contact Colleen Chan with any questions, comments, or suggestions.

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## Crucial Conversations Challenge: *Supporting LGBTQ Students*

We know that young people who are a part of the LGBTQ+ community are at higher risk for a multitude of mental health issues compared to cisgender youth, including higher rates of substance use.

One of the biggest factors that plays into this figure is that LGBTQ youth are 40 percent less likely to have an adult they feel they can turn to when they need support, and we know that having a trusted adult is the biggest protective factor against substance use.

What does this mean for parents?

Mostly that young people need support, just like always! And if your child is LGBTQ+, or if you know a young person who is LGBTQ+, they may need additional support.

Here are some ways to check in with your teen:

- I've noticed \_\_\_ and I wonder how you're doing.
- I am here for you. What can I do to support you?
- I don't know the best way to support you, but I can help find someone who does.



## Parent Resources

[A Substance Free Summer: tips for helping your teens](#)—Youth Service Bureau

[South Whidbey Summer Activities](#)—South Whidbey Parks & Rec

[Family Resource Center](#)—Readiness to Learn

[A Guide to Being an Ally to Transgender and Nonbinary Youth](#)—The Trevor Project

[Parents: Quick Tips for Supporting Your LGBTQ Kids--and YOUR-SELF--During the Coming-Out Process](#) — PFLAG

[Preventing Substance Abuse Among LGBTQ Teens](#)—Human Rights Campaign & Partnership for Drug-Free Kids