

Prevention *for parents*



It's All About Relationships

While there isn't one right answer for keeping students away from substances and other risky behaviors, we know relationships make a big difference.

your student about what it means to be connected and how to build supportive relationships.

People need connection, but we

by having meaningful conversations.

Here are a few starter ideas:

- Tell me about the best part of your day.



When your student feels connected to family, community, and positive peer groups, they make better decisions.

Take time this month to talk with

often don't know how to cultivate it—especially during our awkward teen years.

Help your teen practice how to connect with others

- What is something you're struggling with?
- What is something you're working toward right now?

Speaking The Same Love Language

We all speak and understand love in different ways. When someone is speaking a language we don't understand, we miss the message.

There are 5 primary ways we receive and give love— words of affirmation, quality time, gifts, physical touch, and acts of service.

Are you and your teen speaking in a way you both can understand? Check out the link in "Parent Resources" on the back



page to take the quiz and learn more!

Points of Interest

- *Connection is key in preventing unhealthy behaviors.*
- *How are you loving your teen? Find out what's right for them.*
- *Can peer pressure be a good thing?*

Monthly Activities

- *YOU CAN Marijuana Prevention Campaign*

Peer Pressure Can Be A Good Thing

“Peer pressure” calls forth images of one teen being a “bad influence” and aggressively telling another teen to make an unhealthy choice.

However, many students report rarely being in this situation. And, if they are, they feel comfortable saying no.

More often, peer pressure comes in the form of wanting to fit in with a group of friends that they already have close relationships with. No one is explicitly telling them to do some-

thing, but just being in proximity induces pressure to make similar decisions.

Whether it’s healthy or unhealthy choices, your teen is



no to substances.

Saying no to a stranger or acquaintance when they offer a hit off their vape is easy. Telling a close friend that they’re making a bad decision and turning down their offer or ending that relationship is much more difficult.

There’s no getting around peer pressure in middle and high school– it’s always present. But, it can be used in a positive way, too.

more likely to do what the rest of their friend group is doing.

Make sure that is part of the conversation when you’re teaching your students to say

Encourage your teen to hang out with peers that will influence them toward healthy choices, and to be a positive influence on others.

What Would You Like To See In The Next Issue?

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

If you are interested in prevention efforts please join us at our next coalition meeting on Tuesday, February 18 @ 4-5pm

Colleen Chan

Student Assistance Professional (SAP)
South Whidbey Middle & High Schools
Northwest ESD 189
Phone: 360-221-4300 ext. 5416



Parent Resources

Helping Kids And Teens Deal With Peer Pressure

<https://kidshelpline.com.au/parents/issues/helping-kids-and-teens-deal-peer-pressure>

Meaningful Conversation Starters to Connect with Kids

<http://drkristiwolfe.com/conversation-starters/>

Love Language Quizzes for Parents and Teens

<https://www.5lovelanguages.com/quizzes/>

YOU CAN Marijuana Prevention Campaign

<https://www.youcanwa.org/>