

Substance Use and Prevention: A Talk to Have With Your Child at All Ages

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Connections



How to talk to your youth.

- Connect regularly, and focus on their strengths. This Builds trust and openness.
- Make time for them.
- Be honest about your past experiences (share).
- Acknowledge Peer Pressure when your youth shares (resistance skills-SFP)
- I statements
- Find out the best way to talk to each child (different ways to communicate)



You're their #1 Influence!



YOU'RE THEIR HEROES

You keep kids safe.

Kids can't tell when food or drinks include THC. You can protect them from accidental ingestion.

SECURE YOUR CANNABIS

Learn more at bit.ly/secureyourcannabis



SECURE YOUR CANNABIS

YOU'RE THEIR #1

Kids say you're their greatest influence.

It's best to consume cannabis out of sight of young people. Kids learn by watching adults they admire.

SECURE YOUR CANNABIS

Learn more at bit.ly/secureyourcannabis

Setting boundaries with your youth

- Who, What, Where and When questions
- Have rules about staying overnight at their friends house
- After school – where are they allowed to go?
- Is there a plan?
- What other boundaries do you have?

*Have a plan for pick up when your youth needs you.
(Code word text)

Identifying signs of substance use or at-risk behavior

- Sudden change in activities and friend groups.
- Drop in school performance
- Aggressive or withdrawn behavior
- Poor relationship with parents
- Negative peer influence
- Lack of pro-social skills

Places youth can store drugs



Identifying Family Values regarding alcohol and marijuana use. Where are you on the scale?

- Youth should not drink ever, even with parents/caregivers or on holidays
- Youth can taste beer or wine at home with parents but should not drink away from home.
- Older youth may experiment but younger youth should not be allowed to drink.
- Parent/caregivers may need to get alcohol out of the house.
- Youth need to know values of the parent/caregivers of your youth's friends.

Onset of youth matters

The earlier teens experiment with alcohol and drugs, the more likely they are to have substance abuse problems later.

Protective factors for our teens

Teens are less at risk for drug and alcohol use when:

- There is no history of alcoholism in the family.
- Family members disapprove of drugs.
- Family members do not drink heavily or use illegal drugs.
- The teen has a good attitude (bonding) towards school.
- The teen's friends do not use drugs, tobacco or alcohol.
- The teen shares thoughts and feelings with at least one family member.

What to look for: Alcohol use

- Water or soda bottles (or other containers) used to conceal liquor
- Smell of alcohol on the breath
- Slurred speech
- Lack of coordination
- Nausea and vomiting

What to look for: Marijuana use

Uncharacteristically relaxed or reserved

Uses heavily-scented perfumes, candles, air freshener

Slurred, slow, repetitive speech

Unfazed by conflicts or stress

Inappropriate laughter

Smell of marijuana in the car, trunk, glove compartment

Confusion, disorientation or delusions

Lighters, roller papers or other small drug paraphernalia

New symptoms of asthma or breathing issues

Excessive sleeping

<https://drugfree.org/article/signs-of-drug-use-in-teens/>

Prescription pills, fentanyl and youth use

- NO pill is safe to use unless prescribed by a doctor and dispensed by a pharmacist.

- Prescribed pills are for the intended user only. Sharing pills is illegal and dangerous.
- LOCK UP and/or GET RID of leftover pills to prevent youth misuse and accidental poisoning.
- Pills laced with fentanyl have a high risk of dependency.
- Fentanyl acts on the brain quickly and can remodel it before parents realize their youth is struggling.

What can parents do? Make it a conversation.

- Young people often think, this isn't going to happen to me. Impulsivity and risk-taking are a normal part of adolescent development.
- The risk of experimentation with pills is more deadly due to fentanyl. It is imperative for parents, school counselors and clinicians to communicate openly and clearly with youth.
- Fear based messaging and telling teens not to do drugs simply doesn't work. Teens most at risk may just tune this warning out if they feel like they're being judged for their drug use.
- Young people want to feel empowered to make safer choices. Focus the conversation on scientific facts and life-saving tips. Listen instead of sharing your own opinion.

What can parents do? Help them find naloxone.

Naloxone can reverse an opioid overdose.

The teens around you may already know what naloxone is, but they may not carry it yet.

Let teens know that naloxone is legal for ALL ages without a ID.

Request naloxone kits:

<https://www.clackamas.us/publichealth/naloxone>

Clackamas County Youth Mental Health Media Campaign



Youth Mental Health Media Campaign

hi

you ok?

not really...



Text Teen2Teen
to 839863

Text Teen2Teen to 839863 to talk with
someone who's ready to listen.

Learn more at theyouthline.com/clackamas

YouthLine
a member of @youthline



In partnership with
Safe + Strong



A lot on your mind?

Talking
can help.

Text Teen2Teen
to 839863

Text Teen2Teen to 839863 to talk with
someone who knows what you're going through.

Learn more at theyouthline.com/clackamas

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a member of @youthline



In partnership with
Safe + Strong

Resources

- Lake Oswego School District Counselors, Social Workers, and School Psychologists at your school site
- (https://www.google.com/search?q=kids+version+of+parents+talking+with+them+about+drugs&rlz=1C1GCEA_enUS972US972&oq=kids+version+of+parents+talking+with+them+about+drugs&aqs=chrome..69i57.127j0j15&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:d1b44237,vid:HXrecJyXDIY)
- Strengthening Families Program (10-14 year olds and Parents)
- Talk They Hear You <https://www.samhsa.gov/talk-they-hear-you>



Vaping and Marijuana: What Parents Must Know

Vaping remains a huge problem for teens both at school and at home - not just with nicotine vapes, but also for THC and marijuana products.

Join Dr. Aaron Weiner, President of the Society of Addiction Psychology, for an exploration of vaping, including flavor restrictions, federal regulations, and THC products sold at gas stations.

Most importantly, learn what you as parents can do to keep your teens healthy and safe. **April 11th (10:00)**

<https://register.gotowebinar.com/register/5848860229360718425?source=Website>

More Resources

Clackamas County Behavioral Health: <https://www.clackamas.us/behavioralhealth>

Clackamas County Youth Substance Abuse Treatment: <https://www.clackamas.us/healthcenters/ysatprogram.html>

Oregon Health Authority: - Call the Alcohol and Drug Help Line: 1-800-923-4357

OHA - Addiction Services web page with provider Information - <https://www.oregon.gov/oha/HSD/AMH/Pages/Addictions.aspx>

Free Family Workshops



Find new ways to talk
as they get older

Online from 6-7:30 PM

March 1st: Alcohol & youth

March 8th: Cannabis & youth

March 15th: Vaping & youth

March 22nd: Family Empowerment

To register: [Family Workshop](#)

For more info: Transitions@nwfs.org

Attend all four sessions and receive:

Families: \$25 Amazon gift card

Youth: \$10 Amazon gift card



Northwest
Family Services
TRANSITIONS

For more information and updates

Visit <https://www.clackamas.us/cfcc/youth.html>

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[clackamas.us/cfcc](https://www.clackamas.us/cfcc)

