

POWERFUL PARENTING PREVENTION IN 3-MINUTES VIDEO SERIES



Caron's Education Department is here for you. We offer educational programming and resources to help prepare you to raise drug-free teens as well as support you if concerns arise.



Raising children can be difficult. When substance use problems enter the picture, things get a lot more challenging. It is essential for parents to have the skills, knowledge, and resources they need.

This video series of micro-lessons is meant to engage parents and other caring adults, providing information and tips to guide their child to a healthy and substance-free lifestyle.

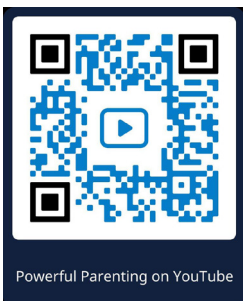
Each lesson is presented by an expert from Caron Treatment Centers' Education Alliance.

The best time to stop substance use is before it starts.

For additional information and resources, please visit [Caron.org/EA-Resource-Kit](https://www.caron.org/EA-Resource-Kit)

View the series:

In English



Powerful Parenting on YouTube

In Spanish



Escanéame

Prevention Topics

- Vaping and Nicotine Use
- Alcohol: Like Diesel Fuel to an Unleaded Tank
- Cannabis, What's the Big Deal?
- Medicine Abuse: Being A Good Consumer
- Refusal Skills: Give Them Some
- Eat Your Veggies: Growing Up Big & Strong: Mentally & Emotionally
- Everybody Does It
- How to Have the Uncomfortable Conversation
- Prevention: Keeping It Simple with Realistic Ways We Can Connect
- Empower Parents to Do the Right Thing
- Vaping Prevention Topics
- What is Vaping?
- Nicotine and the Developing Brain
- Why Kids Vape
- Protective Factors and Refusal Skills
- The Science of Hope