

# DRUG PREVENTION STARTS AT HOME

DRUG PREVENTION | ONE-PAGER



## TALK TO YOUR KIDS - THEY ARE LISTENING!

The "Talk. They Hear You." campaign reminds parents that kids really do listen when you talk about alcohol and drugs. Use everyday moments—like car rides, mealtimes, or even commercials—to spark short conversations. Frequent, brief talks are more effective than one long "big talk."

## Know the FACTS

- Alcohol: The substance most often misused by teens. Early use raises the likelihood of addiction later in life.
- Vaping: Flavored e-cigarettes can be highly addictive and usually contain nicotine along with other harmful chemicals.
- Marijuana: Modern cannabis products have much higher THC levels, which are connected to mental health challenges.
- Opioids/Prescription Meds: Properly storing and safely disposing of medications is key to preventing misuse.



*Parents are the  
#1 influence in  
a child's  
decision to use  
alcohol or  
drugs.*



## Know the RISKS

Using tobacco, alcohol, or vaping products can interfere with a teen's brain development, especially in areas tied to learning, memory, and decision-making.

Misuse of prescription medications is also on the rise among young people. Keeping track of the medicines in your home can help reduce the chance of accidental misuse.



## Know how to GET SUPPORT

- Contact school counselor
- Basin Lighthouse (432) 580-5100
- Call or text 988 for immediate support in mental health crisis
- PermianCare Mental Health Crisis Line (432)333-3264
- SAMHSA National Hotline: 1-800-662-4357 for free, confidential, 24/7 support for substance use and mental health concerns

## Know the SIGNS

- Noticeable shifts in mood, friend groups, or daily activities
- Declining interest in schoolwork, sports, or favorite hobbies
- Sudden drop in grades or frequent absences
- Secretive actions, lying, or avoiding family interactions
- Unexplained health problems, fatigue, or changes in appetite/sleep