AMCMS

COUNSELING CONNECTION

NOVEMBER 2025

Red Ribbon Week at home

"The Red Ribbon Campaign is the oldest and largest drug prevention program in the nation, reaching millions of young people during Red Ribbon Week, October 23-31 each year."

This year during Red Ribbon Week, AMCMS students learned about "Natural High" (what activities besides drugs and alcohol release dopamine to get that same feeling) and fentanyl.

How do I talk to my teen about drugs, alcohol, vaping, fentanyl, and hard subjects in general?

- **Keep Communication Lines Open** - practice active and nonjudgmental listening
- **Make One-On-One Time** - spending time with your child(ren) one-on-one helps to form a stronger bond and can help open the line of communication
- **Be Honest and Direct** - conversations with teens can often be uncomfortable, but by being honest and direct your teen gets the facts from you and not others
- **Do Your Homework** - research on your own and ask your teen about what's going on in his/her life
- **Connect with Other Parents** - the saying, "it takes a village" also applies to a parent support system

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AMCMS Counseling Website

Resources:

10 Strategies to Prevent your Young Person from Using Drugs

10 Questions Teens Ask about Drugs and Health

Buying Drugs Online - What you Should Know and How to Protect your Kids

Fentanyl Awareness Guide for Parents, Teens, and College Students