

Tips For Parents

There are many ways to support your teen as they avoid drugs and alcohol. **Go to About.com:<http://family.samhsa.gov/>** for more complete version on the following helpful tips.

Talk With Your Child: Establishing and maintaining good communication with children is very important. Some topics discussed in this area include: breaking down communication barriers, how to tell if your child is depressed, and how to have effective two-way communication with your child.

Get Involved: Young people are much less likely to have mental health and substance use problems when they have positive activities to do and when caring adults are involved in their lives.

Set Rules: It is essential for parents to make clear rules and enforce them with consistency and appropriate disciplinary action. Establishing expectations for children and learning how to respond if children don't comply is crucial.

Be a Role Model: Children like to imitate adults. Parents need to be mindful of their actions when it comes to the use of tobacco, alcohol, and illegal drugs and what they say about people with mental illness. Being a positive role model can make a huge impact on your child's life.

Teach Kids To Choose Friends Wisely: We've all heard the phrase "peer pressure." Children want to be accepted and noticed by their peers, and sometimes this can lead children to do things they would not normally do. Supporting children's social skills and development at a time when they are making important decisions that will affect their whole life.

Monitor Your Child's Activities: Research shows that monitoring a child's activities is an important way of lowering his or her chances of getting involved in a harmful situation. monitoring what children are doing at home, school and elsewhere will help in keeping your teen safe.

Tell Them How You Feel: Children and teens want parental approval. Your clearly defined disapproval of using drugs and alcohol can be a strong deterrent. Voice your support for their good choices, acknowledge the pressures they face and stand firm on your position.

Helpful Resources

Websites - *Search Teen Drug and Alcohol*

www.GGAPP.org

www.bigbrothersbigsisters.org

www.timetotalk.com

www.drugfreeactionalliance.org

Lifeworks Northwest

ROCKWOOD

17214 SE Division Street, Suite 2
Portland, OR 97236
Phone: 503-761-5272
Fax: 503-762-6250

Services: Child, youth, family and adult mental health counseling; Youth and adult alcohol and drug treatment; Prevention outreach; Older adult mental health assessment, consultation and counseling

SOUTHEAST PORTLAND

4531 SE Belmont Street
Portland, OR 97215
Phone: 503-234-3400
Fax: 503-233-9424

Services: Youth and adult alcohol and drug treatment; Prevention outreach; Child, adult, family and older adult mental health counseling

CODA

Address: 1427 SE 182nd Avenue
City: Portland
State: OR
Zip: 87233
Phone: 503-761-6006
County: Multnomah

Alcoholics Anonymous

<http://www.aa.org>

THE GREATER GRESHAM AREA PREVENTION PARTNERSHIP



**A QUICK LOOK
AT HELPING
CHILDREN
BE HAPPY,
HEALTHY,
& DRUG
FREE.**



40 Developmental Assets For Adolescents

Signs To Look For With Your Teen

How do I know someone is addicted to Drugs?

If a person is compulsively seeking and using a drug despite negative consequences, such as loss of job, debt, physical or mental problems brought on by drug abuse, or family problems, then he or she is probably addicted. We don't have a perfect screening tool quite yet, but health care professionals who screen for drug use often ask questions like these to detect substance abuse in their adolescent patients:

Have you ever ridden in a car driven by someone (including yourself) who had been using alcohol or drugs?

Do you ever use alcohol or drugs to relax, feel better about yourself or fit in?

Do you ever use alcohol or drugs when you are alone?

Do you ever forget things you did while using drugs or alcohol?

Do your family or friends ever tell you to cut down on your drinking or drug abuse?

What Are the physical signs of abuse or addiction?

The physical signs of abuse or addiction can vary depending on the person and the drug being abused. In addition, each drug has short-term and long-term physical effects. For example, someone who abuses marijuana may have a chronic cough or worsening of asthmatic conditions. Stimulants like cocaine increase heart rate and blood pressure, whereas opiates like heroin may slow the heart rate and reduce respiration.

How quickly can someone become addicted?

There is no easy answer to this. If and how quickly someone might become addicted to a drug depends on many factors including your genes (which you inherit from your parents) and the biology of your body. All drugs are potentially harmful and may have life-threatening consequences associated with their use. There are also vast differences among individuals in sensitivity to various drugs. While one person may use a drug one or many times and suffer no ill effects, another person may be particularly vulnerable and overdose with first use. There is no way of knowing in advance how someone may react.

The National Institute on Drug Abuse (NIDA) is part of the [National Institutes of Health \(NIH\)](#), a component of the [U.S. Department of Health and Human Services](#).
Questions?

SUPPORT

- Family Support
- Positive Family Communication
- Other Adult Relationships
- Caring Neighborhood
- Caring School Climate

EMPOWERMENT

- Community Values Youth
- Youth as Resources
- Service to Others
- Safety

BOUNDARIES AND EXPECTATIONS

- Family Boundaries
- School Boundaries
- Neighborhood Boundaries
- Adult Role Models
- Positive Peer Influence
- High Expectations

CONSTRUCTIVE USE OF TIME

- Creative Activities
- Youth Programs
- Religious Community
- Time at Home

COMMITMENT TO LEARNING

- Achievement Motivation
- School Engagement
- Homework
- Bonding to School
- Reading for Pleasure

POSITIVE VALUES

- Caring
- Equality and Social Justice
- Integrity
- Honesty
- Responsibility
- Restraint

SOCIAL COMPETENCIES

- Planning and Decision Making
- Interpersonal Competence
- Cultural Competence
- Resistance Skills
- Peaceful Conflict Resolution

POSITIVE IDENTITY

- Personal Power
- Self Esteem
- Sense of Purpose
- Positive View of Personal Future

For a more complete version GO TO: <http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18> Copyright © 1997, 2007 by Search Institute. Minneapolis, MN 55413; . All rights reserved

Can you find more than six? AT HOME

- ✓ Loss of interest in family activities
- ✓ Disrespect for family rules
- ✓ Withdrawal from responsibilities
- ✓ Verbally or physically abusive
- ✓ Sudden increase or decrease in appetite
- ✓ Disappearance of valuable items or money
- ✓ Not coming home on time
- ✓ Not telling you where they are going
- ✓ Constant excuses for behavior
- ✓ Spending a lot of time in their rooms
- ✓ Lies about activities
- ✓ Finding the following: cigarette rolling papers, pipes, roach clips, small glass vials, plastic baggies, remnants of drugs (seeds, etc.)

AT SCHOOL

- ✓ Sudden drop in grades
- ✓ Truancy
- ✓ Loss of interest in learning
- ✓ Sleeping in class
- ✓ Poor work performance
- ✓ Not doing homework
- ✓ Defiant of authority
- ✓ Poor attitude towards sports or other activities
- ✓ Reduced memory and attention span
- ✓ Not informing you of teacher meetings, open houses.

PHYSICAL AND EMOTIONAL

- ✓ Changes in friends
- ✓ Smell of alcohol or marijuana on breath or body
- ✓ Unexplainable mood swings and behavior
- ✓ Negative, argumentative, paranoid or confused, destructive, anxious
- ✓ Over-reacts to criticism acts rebellious
- ✓ -Sharing few if any of their personal problems
- ✓ -Doesn't seem as happy as they used to be
- Overly tired or hyperactive
- Drastic weight loss or gain
- Unhappy and depressed
- Cheats, steals
- Always needs money or has large amounts of money
- Sloppiness in appearance

Source CDC 2009, www.About.com,
A part of the New York Times Company.