

Parents in Prevention: A Discussion

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FCD Prevention Works

Prevention is a **climate**, not a program



- Private nonprofit organization
- 43 years of school-based substance abuse prevention
- Over 2.5 million students, 70 countries
- Over 130k students surveyed

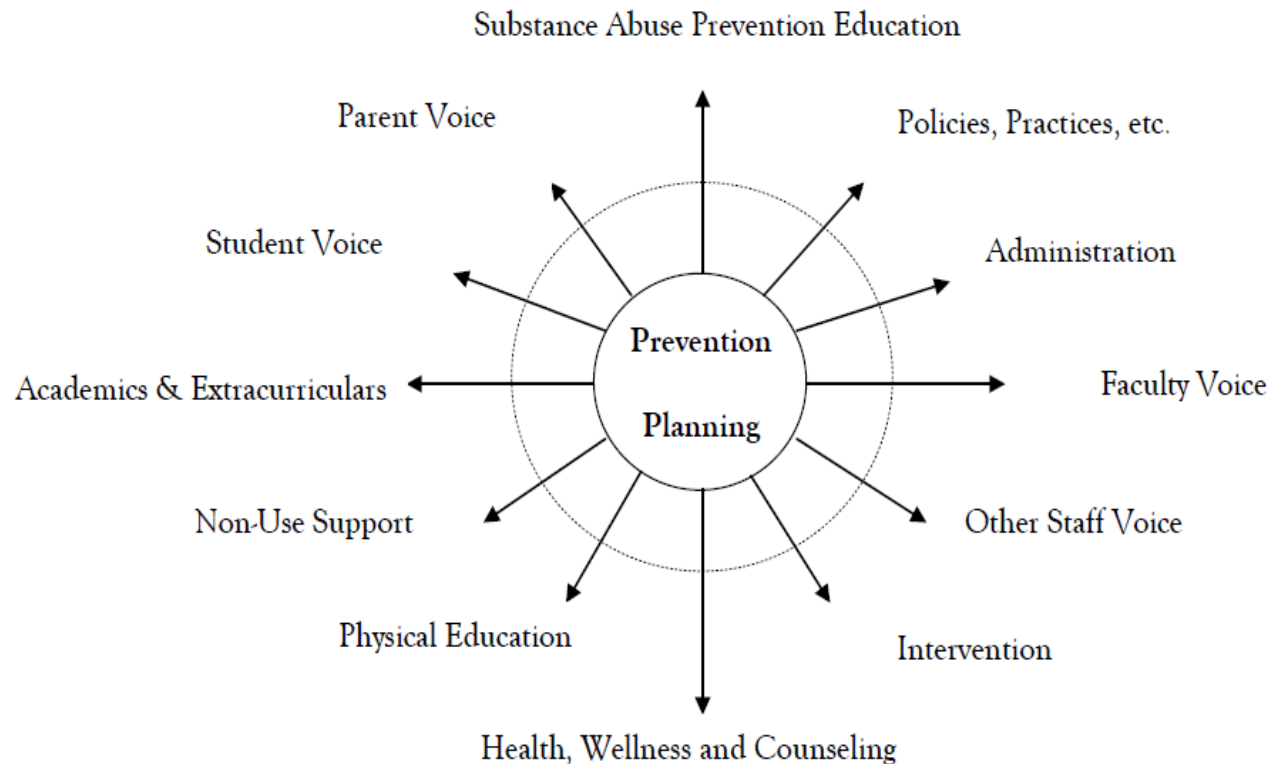


What Is Prevention?



- A collaborative process involving schools, families, and communities that promotes the health and welfare of young people by planning and implementing strategies that:
 - **Reduce risk factors** that contribute to unhealthy behaviors
 - **Identify** and **intervene** on unhealthy behaviors
 - Nurture and **strengthen protective factors** that contribute to health and well being

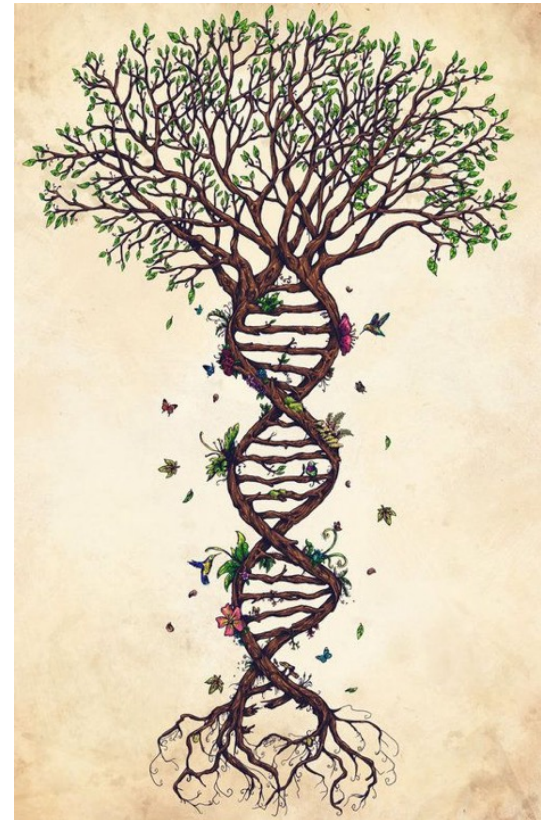
Comprehensive Prevention Planning



Risk Factors for Addiction



- Family history
- Cravings
- Tolerance
- Surroundings
- Age of first use



The Teen Brain



- Impulsivity, risk-taking, mood swings, lack of insight and poor judgment are hallmarks of the teen brain.



The Teen Brain



- To chief predictor of adolescent behavior is not the perception of risk but the anticipation of the reward despite the risk, i.e., gratification is at the heart of teenage impulsivity.
- Dr. Frances Jensen, “The Teenage Brain”



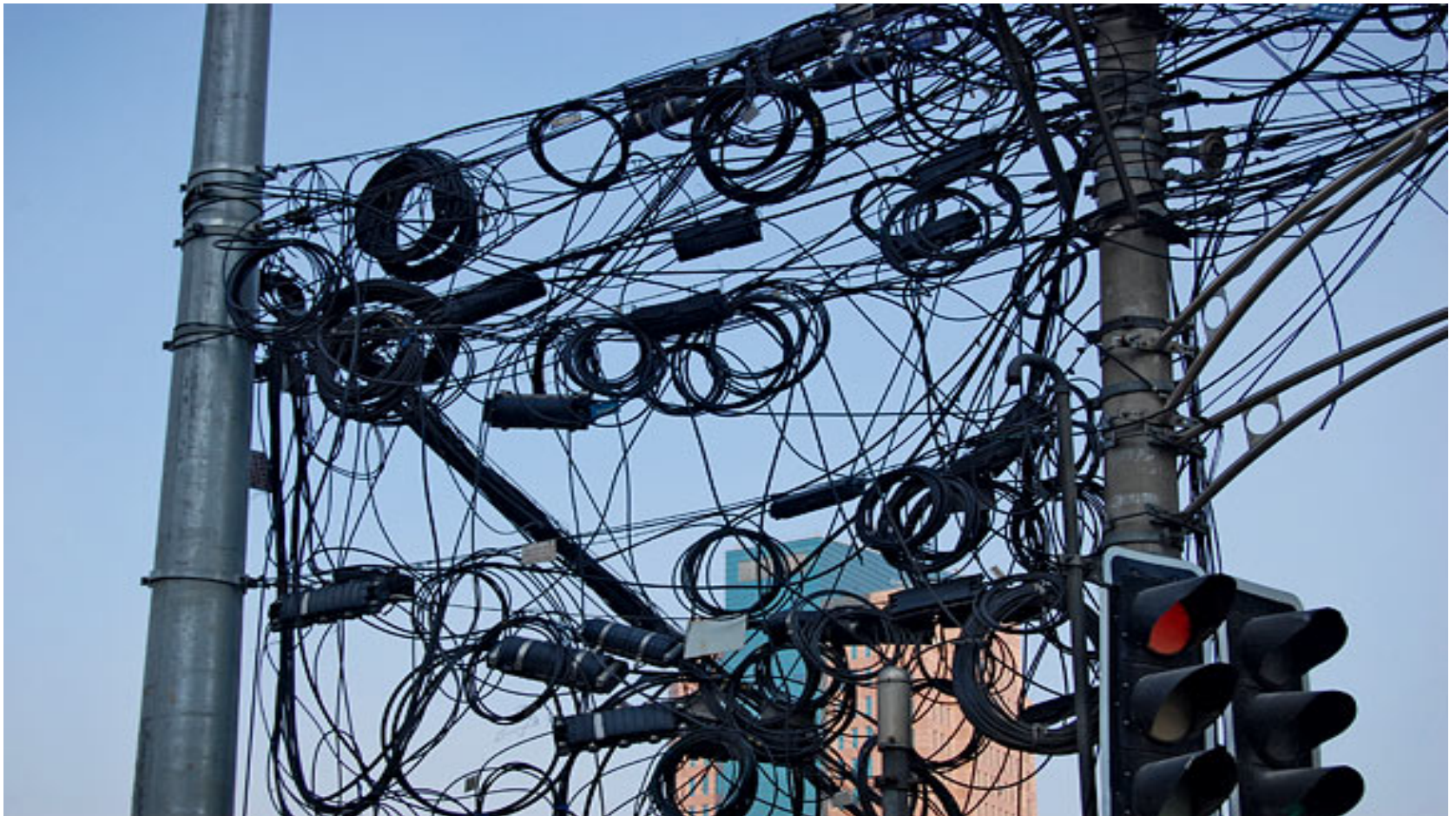
The Teenage Brain and Substances

Unique Vulnerabilities

- Brain development entails the vital formation of connections throughout the brain
- These connections are intended to be formed ***without the presence of alcohol or other drugs.***
- The teenage brain is particularly vulnerable because it is being developed and shaped through habit formation or repetitive activities such as skateboarding, playing a sport or hanging out with friends .

Adolescent Brain

Synaptic Pruning



Adult Brain

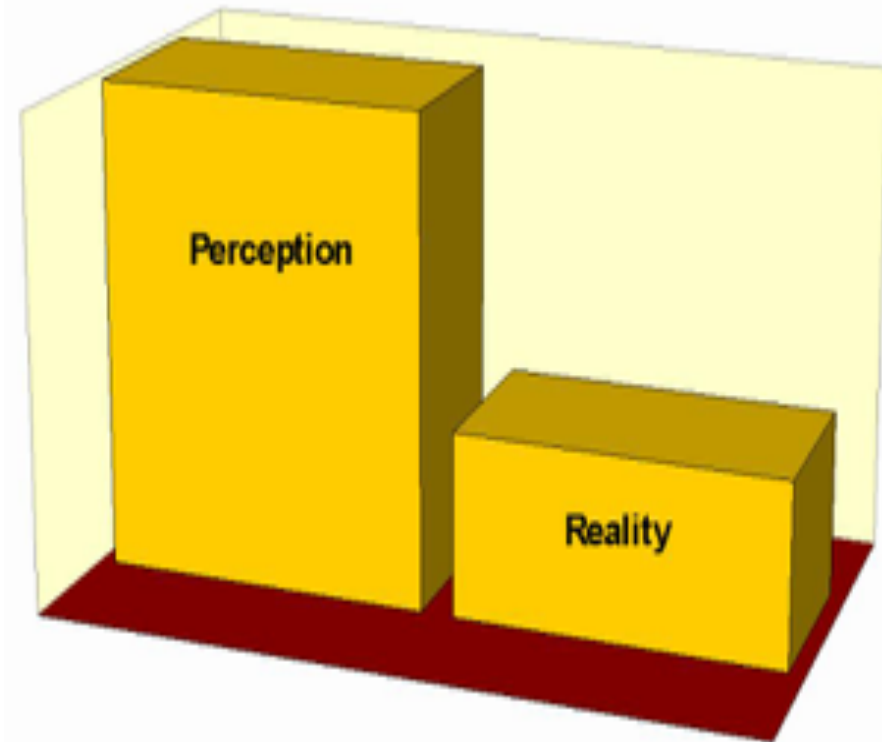


Social Norms Approach



An Introduction

- People tend to do what they perceive everyone else is doing.
- What people think everyone else is doing becomes the norm. But...
- Substance use is exaggerated.....health is underestimated
- **...future behaviors** are driven by false norms.



Parent in Prevention



Social Norms

- 60% of 10th graders say they typically never drink.
- Yet, only 14% of 10th graders assume abstinence on the part of their classmates

Parent in Prevention



Social Norms

- 78% of 9th graders say they typically never drink.
- Yet, only 28% of 9th graders assume abstinence on the part of their classmates

Social Norms Approach



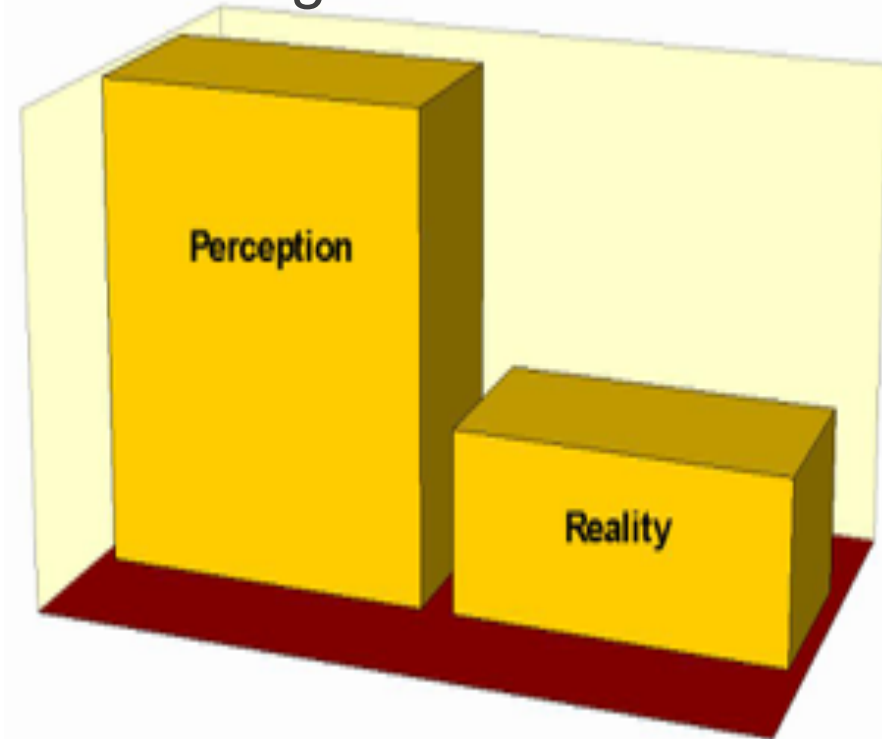
- . ▪ Beware when you hear the following words:

- ❖ Always

- ❖ Never

- ❖ Everybody

- ❖ Nobody



Why Do Kids Use Alcohol and Other Drugs?

What Students Tell FCD

- Escape
- **Stress**
- “To have fun.”
- “Everybody does it.”
- “To be a cool kid .”
- Lack of information
- Confidence





Teens and COVID-19: Risks

- ✓ Worries about connection with friends
- ✓ Increased depression, loneliness, anxiety
- ✓ Loss of structure
- ✓ Loss of healthy avenues for expression



Warning Signs of Use/Abuse



When You Know, You Can Act

- Mood swings, increased agitation or aggression
- Depression, decreased energy and performance
- Sudden, dramatic, or lasting changes in:
 - Attitude or personality
 - Social network
 - Priorities, hobbies, or interests
 - Weight or physical appearance



Resiliency



- **Adapting**
- **“Bouncing back”**
- **The ability to recover from depression or discouragement in healthy ways.**



When is resiliency most important?



- **Transitions**
- **Puberty**
- **Academic changes**
- **Relationship changes**
- **Family events**
- **Times of triumph or stress**
- ***Whenever alcohol or other drugs are accessible***



Cornerstones of Parental Protection

Your Role in Prevention



- u Expressed expectations and consequences
- u Parental Monitoring
- u Preventive Education

What Parents Can Do

Your Role in Prevention



- u *Clearly* express your thoughts , expectations and consequences in the context of a warm and supportive parent-child relationship, and not overly severe or harsh.
- u Consequences need to be *consistently* enforced

What Parents Can Do

Your Role in Prevention



- u Model healthy attitudes and behaviors.
- u Get to know their friends parents.
- u Be a parent, *not* a friend

What Parents Can Do



Prevention: An ongoing conversation

- Eat together
- *Talk* with your teens about alcohol and other drugs
- *Listen* to your teens thoughts about alcohol and other drugs
- Continue to share your thoughts and concerns; they *are* listening and *don't* want to disappoint you



Take-Away Points for Parents



Your Every Day Role in Prevention



- All student use equals risk
- Delayed use prevents later problems
- The majority of students are making healthy choices
- Adult role modeling and expectations are vital to a healthy prevention climate

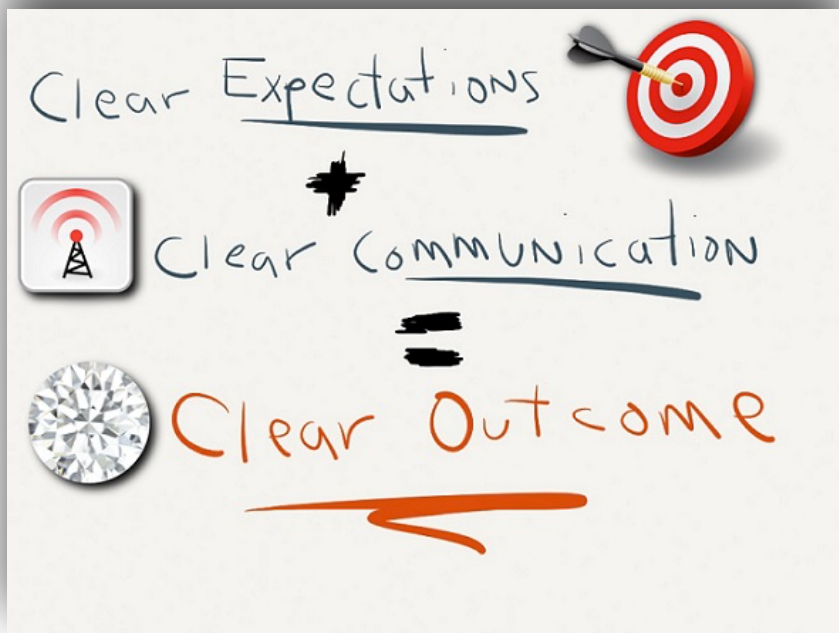
Your Role in Prevention

- Stay informed
- Set a schedule and prioritize sleep
- Limit isolation in bedroom
- Have daily rituals/ traditions
- Converse regularly
- Practice active listening and reflecting
- Seek professional help



What Parents Can Do

Your Role in Prevention



Research shows that youths who

- 1) perceive that their parents disapprove of substance use, and**
 - 2) who report that their parents are involved in their day-to-day activities**
 - 3) directed by parental monitoring**
- are less likely to use alcohol, tobacco/nicotine or illicit drugs.**

Further Resources



- **FCD Prevention Works**
 - Find us on Facebook
 - www.fcd.org; schools@fcd.org
- **Stanford Tobacco Prevention Toolkit**
 - <https://med.stanford.edu/tobaccopreventiontoolkit.html>
- **National Institute on Drug Abuse**
 - <http://www.nida.nih.gov>
- **Campaign for Tobacco-Free Kids**
 - <https://www.tobaccofreekids.org/>
- **Parents Against Vaping**
 - <https://www.parentsagainstvaping.org/>



**QUESTIONS?
COMMENTS?
THANK YOU!**

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[FCD PREVENTION WORKS](#)





- Teenagers less sensitive than adults to cues that tell them to stop drinking. They are less likely to have trouble speaking, experience motor impairment and suffer a hangover. This predisposes them to be able to drink a lot. And some do.



This is not harm
reduction.

This is harm
Introduction.



- National Institute for Health (NIH) states any alcohol used by underage youth is considered to be alcohol abuse
- World Health Organization (WHO) concluded that there is a causal relationship between ethanol (alcohol) and throat, liver, breast, and colon cancers.
- The Center for Disease Control (CDC) advises that “for some conditions, such as certain types of cancer i.e., breast cancer and liver disease, there is no known safe level of alcohol consumption.”

Use, Abuse, Addiction



❖ What is parental monitoring??

(How would your child respond to these questions???)



Parental Monitoring



- ◆ When you got home from school, how often was an adult there within an hour of you getting home
- ◆ When you went to a party, how often was a supervising adult at the party



Parental Monitoring



- ◆ When you wanted to go to a party, how often did your parents confirm that an adult would supervise the party
- ◆ How often would your parents know if you came home an hour (or more) late on weekends



Use, Abuse, Addiction



What are some ways parents can help their child develop healthy stress coping skills?



Parental Monitoring



- ◆ When you broke a rule set by your parents- for example, coming home past curfew- did your parent take away privileges
- ◆ How often before you went out, would you tell your parents when you would be back



Parental Monitoring



- ◆ When your parents were not home, how often would you leave a note for them about where you were going
- ◆ When you went out and your plans unexpectedly changed , how often did you call your parents to let them know
- ◆ When you went out, how often did you let your parents know where you planned to go



What Parents Can Do

Your Role in Prevention



What are the risk and prevention factors in this community?

What Parents Can Do

Your Role in Prevention



As parents,
what is your role
in prevention?



Use, Abuse, Addiction



❖ What are some refusal strategies you have suggested to your teen?



Girls over Boys: Consequences

- *88% more likely to have a fight, argument, or bad feelings with a friend/boyfriend/girlfriend
- *83% more likely to regret something they did while drinking
- *80% more likely to get into a sexual situation they later regretted
- *72% more likely to feel guilty about their substance use
- *69% more likely to forget what happened while they were drinking.

Consequences of Higher-Risk Use

On one or more occasions within the past 12 months:

- **85%** got sick, vomited, and/or had a hangover
- **78%** forgot what happened
- **61%** did something they later felt sorry for
- **50%** had a fight with a friend
- **49%** rode with an intoxicated driver
- **48%** passed out because of drinking
- **46%** got into a sexual situation they later regretted
- **43%** got in trouble at home or school
- **39% of these students receive A grades**

