

# PARENTS & CAREGIVERS MATTER: Your Kids Are Watching & Listening!



## Prevention is Not a Single Conversation

It's MANY small conversations that begin when children are young and continue over every age and stage of development. Parenting for Prevention 101 can help!



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## Start Early. Stay Strong. Be Secure.

#BeTheHarness

On the rollercoaster of life, our children look to us to keep them safe. Setting clear and consistent expectations about NO USE of alcohol, marijuana, nicotine, or other drugs helps keep youth safe and lets them know you care. Teens whose parents set clear expectations are less likely to use substances.



## It's Never Too Late for Prevention.

No matter what happened today or yesterday, there is always the possibility to make a healthy choice tomorrow. One Choice is for anyone and everyone.

## Be a Reliable Source of Information and Facts.

Peer pressure is more likely when teens have misperceptions about their peers' use "everybody's doing it" or when substance use is inadvertently "glorified." For adolescents, the science is clear: ANY use puts them at risk.

- Non-use is self-care: the adolescent brain is uniquely vulnerable to substance use. 90% of adults with a substance use disorder started using marijuana, alcohol, or nicotine before age 18.
- "It's just a few beers" is just not a reality: for youth, all substance use is connected.
- Teen substance use is not a rite of passage: unlike when many parents/caregivers were young, most teens DO NOT USE substances today. Help them know they're not alone when they make One Choice- they're the majority.

The One Choice Toolkit can help!

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## Build Refusal Skills & Have a Plan.

- ENCOURAGE activities and friendships that support/reinforce healthy choices, including non-use of substances.
- PRACTICE language your child can use when faced with a decision about substance use that helps them be confident with their own choice without shaming friends:  
"No thanks, it's not my thing." "I've got practice tomorrow." "I'm good, thanks."
- MAKE an exit plan such as a "code word" and be willing to be your teen's excuse when they need to get out of a risky situation.



## Making One Choice is About Health, Not Morality.

Promotes Autonomy and Self Care  
Health Standard Similar to "Eat Healthy Foods" "Exercise Regularly"  
"Wear a Seat Belt"



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