



AVON LOCAL SCHOOL DISTRICT

FAMILY TOOL KIT

At The LCADA Way, we are focusing on the challenges and needs of our community. The reality of COVID-19, has changed the way we feel, communicate, relate, learn, work, and live. Since different families have different needs, we want to ensure that we are continually providing support for our communities and families. We have created this **Family Tool Kit** which contains helpful resources and supports, to assist you during this time. If you have any questions, or would like assistance in applying these resources, please contact us at The LCADA Way – Prevention Department at (440)-989-5912. We are here to support you!

Why Should We TALK With Our Children About Alcohol and Other Drugs.....

Parents have a significant influence in their children's decisions to experiment with alcohol and other drugs ~

One of the most influential factors during a child's adolescence is maintaining a strong, open relationship with a parent. When parents create supportive and nurturing environments, children make better decisions. Though it may not always seem like it, children really hear their parent's concerns, which is why it's important that parents discuss the risks of using alcohol and other drugs.



It's better to talk before children are exposed to alcohol and other drugs ~

If you talk to your child directly and honestly, they are more likely to respect your advice and rules about alcohol and drug use. Talking early and often, can allow a parent to protect their child from many high risk behaviors associated with using alcohol and other drugs.

Some children may try alcohol and other drugs at a very young age ~

Children as young as 9 years old already start viewing alcohol in a more positive way, and approximately 3,300 kids as young as 12, try marijuana each day. About 10% of 12 year olds, say they have tried alcohol, but by age 15 that number jumps to 50% and 70% of high school seniors will have used alcohol. (SAMHSA - 2017 National Survey on Drug Use and Health - Publication No. SMA 18-5068, NSDUH Series H-53).

GOALS TO CONSIDER WHEN TALKING TO YOUR CHILDREN:

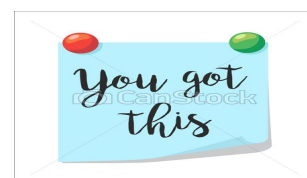
1. **Show you disapprove of underage drinking and other drug use** - Over 80 percent of youth ages 10–18 say their parents are the leading influence on their decision whether to drink. Send a clear and strong message that you disapprove of underage drinking and misuse of other drugs.
2. **EDUCATE yourself and show you are a good source of information about alcohol and other drugs** - You want your child to make informed decisions about alcohol and other drugs with reliable information about their dangers. You don't want your child to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.
3. **Show you are paying attention and you care about your child's health, wellness, and success** - Youth are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want your child to be happy and safe. The conversation will go a lot better if you're open and you show concern.
4. **Build your child's skills and strategies for avoiding underage drinking and drug use** - Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say "no thanks."

HOW TO GET STARTED

1. EDUCATE YOURSELF 😊
2. Visit the Substance Abuse and Mental Health Services Administration website @ <https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child>
3. Visit the National Institute of Drug Abuse website and test your knowledge about alcohol and other drug use by taking a 13 question quiz @ <https://www.drugabuse.gov/publications/national-drug-alcohol-iq-challenge>. Accompanying answers shed light on the science of alcohol and drug use.

REMEMBER

- Keep it low keyed – you don't have to get everything across in one talk.
- Plan to have many short talks.
- Contact a Prevention Educator @ The LCADA Way to assist you in identifying free education resources.
- Your local Prevention Educator is here to support you and your child.



We hope that you find these resources helpful. If you have questions, or are in need of a specific resource, we would be happy to assist you. Please contact your District Prevention Educator, Ashley Truman-Skvor, atrumanskvor@thelcadaway.org or trumanskvorashley@avoneagles.org. The Youth and Family Tool Kits are designed to coordinate with one another. Visit us on Facebook @ [Keys to Prevention](#). THANK YOU!