

Parenting in Today's Society

Parent Education Night
Los Alamitos Unified School District

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Objectives

- **Increase awareness of risk factors that contribute to substance use and mental health conditions.**
- **Increase confidence using prevention strategies.**
- **Recognize the major role a parent has in preventing youth substance use.**

The Presence of a Caring Adult



- Moms and dads
- Grandparents
- Aunts and uncles
- Close family friends
- Mentors
- Other caregivers

Why YOU matter

You matter because you can help your child (or loved one) avoid getting involved in substances.

You matter because you can help your child (or loved one) get help if they need it.

9 out of 10 people with a drug/alcohol problem started using as a teen...

-But-

...a child who gets through their teen years without abusing drugs or alcohol is highly unlikely to develop a problem as an adult.



Why DO kids use drugs/alcohol?



In their world ...

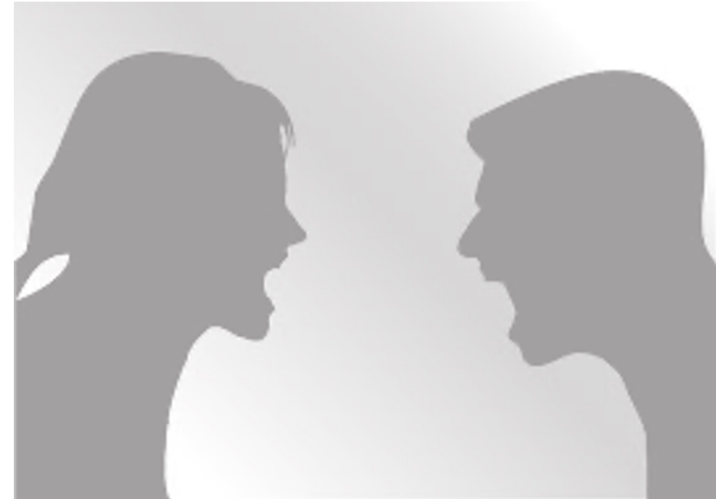
- Stress from school
- Relationships
 - Family
 - Friends
 - Romantic
- Family problems/pressures
- Transitions & fitting in
- Availability of drugs and alcohol

Risk Factors

- Family history of drugs or alcohol
- Friends who use drugs or alcohol
- Early first use
- Problems in school
- Depression
- Other mental health conditions

Family Risk Factors

- Lack of supervision
- Lack of communication
- Unclear rules
- Conflicts



Adolescent Brain Development

At what age do you think the brain is fully developed?



Judgment
develops last.

Marijuana

Marijuana is the most widely used illegal drug among youth today.

Use can lead to health, social, learning and behavioral problems at a crucial time in a young person's development.





MARIJUANA FACTCHECK

FOCUSED ON FACTS

staying up to date with cannabis and our kids' health and safety

www.mjfactcheck.org



"Marijuana use by teens has been linked to a permanent decrease in IQ."

Studies have shown that using marijuana frequently as a teen can lead to impaired brain development. IQ intelligence tests showed scores dropping up to 8 points. IQ did not rise again after stopping use as an adult.

(Source: National Academy of Sciences)

ATTENTION

span reduced

Worse
PROBLEM SOLVING

Lower verbal
COMPREHENSION

Less control of
EMOTIONS

Poorer
MEMORY

IQ drops
up to 8 points

Prescription Drugs

Use can be addictive.

These drugs can be misused.

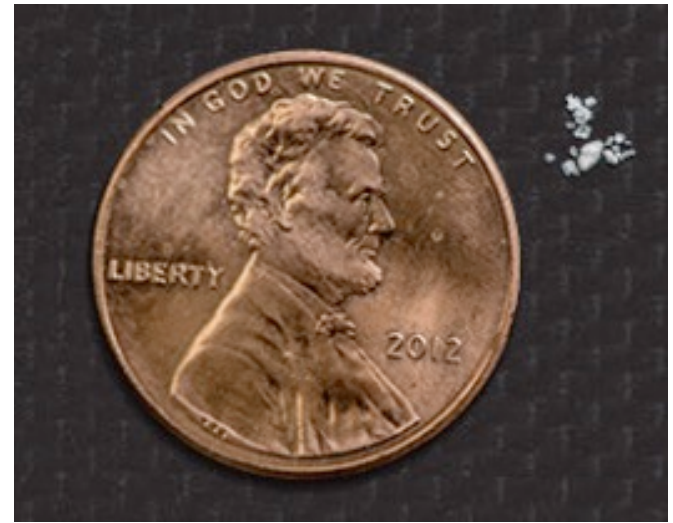
Youth may perceive prescription drugs to be safe to take since they are prescribed by a doctor.

Prescription drugs should not be shared among others.



What is Fentanyl?

- Synthetic opioid drug for use as an analgesic (pain relief) and anesthetic.
- Potency-100 times more potent than morphine and 50 times more potent than heroin as a painkiller.





Online Shopping

- When someone goes shopping online for a drug there is a risk involved.
- Individuals who buy medications online are at high risk of receiving fentanyl.
- Deaths occur because it can be illegally purchased on “the dark web” and be laced with other dangerous substances.

Family Protective Factors

How can parents help to prevent use among their children?



6 Parental Involvement Skills

1. Set a good example
2. Create clear rules according to beliefs
3. Teach refusal skills – ways to say “NO”
4. Manage family conflicts
5. Increase your knowledge – alcohol and drugs
6. Strengthen bonds

Strengthen Bonds

- Eating meals together
- Family outings
- Encourage and support each other
- Expressing warmth and love



Effective Communication

- Share your emotions
- Choose words carefully
- Children watch and learn from YOU
- Acknowledge their feelings
- Make yourself available

Bottom Line: Get Involved

Increasing parental involvement reduces the risk of substance use and mental health conditions.



Invest Time: Life-Long Impact



YOU matter. The importance of quality time has a life-long impact and one of the greatest gifts a parent can give to their child is time.

Website Resources for Parents



Partnership to End Addiction:

<https://drugfree.org/prevention-and-taking-action-early/>

- *Drug Prevention Tips for Every Age*

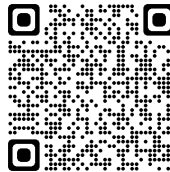
<https://drugfree.org/article/prevention-tips-for-every-age/>



Cannabis: www.mjfactcheck.org/



Prescription Safety: www.raisinghealthyteens.org/start-with-this/prescription-safety/



Fentanyl: Counterfeit Pills Fact Sheet www.dea.gov

Behavioral Health Resources



<https://www.ochealthinfo.com/about-hca/behavioral-health-services/bh-services/navigation-training/oc-links>