

Guidelines for Parents

- ♦ Your teen is at risk for using and/or abusing substances.
- ♦ The top three abused substances by teens:

Tobacco

Marijuana

Alcohol

- ♦ Parents can help through early education about drugs, open communication, good role modeling, and early recognition that problems are developing
- ♦ Take an active role in your child's lifestyle!
- ♦ **BE AWARE!!!**

For more information:

- ♦ www.surgeongeneral.gov/news/speeches/alcohol
- ♦ [www.surgeongeneral.gov/news/speeches/chci09222003.h
tm](http://www.surgeongeneral.gov/news/speeches/chci09222003.htm)
- ♦ www.dea.gov
- ♦ www.panf.org
- ♦ <http://store.health.org>
- ♦ www.marijuana-info.org

THE PENNSYLVANIA STATE
UNIVERSITY

KINES 165

What Parents Need to Know

About Substance Abuse and
your KID.

THE PENNSYLVANIA STATE
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KINES 165

TEAM #3

Tobacco

- ♦ Smoking and secondhand smoke kill more people than AIDS, alcohol and drugs, suicides and fires combined abuse, car crashes, murders. (Palo Alto Medical Foundation)
- ♦ Approximately 80% of adult smokers started before they were 18. Every day nearly 3,000 teens become regular smokers.



What you can do:

- ♦ Start talking about not smoking when kids are very young.
- ♦ If you smoke, seriously consider stopping in will benefit you and your kid.
- ♦ Discuss with your kids what addiction is and the health risks associated with smoking

Alcohol

Problem:

- ♦ Alcohol-related crashes are the leading cause of death for teenagers and young adults. It is also a contributing factor to suicides and drowning.
- ♦ Nearly one third (31.5%) report hazardous drinking (5+ drinks in one sitting) in the last 30 days

What you can do:

- ♦ Talk to your teen about family expectations and rules about alcohol use. Clearly state rules and consequences about drinking
- ♦ Talk to your teen about dealing with peer pressure. Teach them how to say “no” and suggest a different activity to their friends.
- ♦ Most importantly: Be a role model. If you drink, do so responsibly and never drink and drive.



Marijuana



- ♦ More popular with Seniors in high school than cigarettes
- ♦ According to parenting teens website, “Among 12th graders, nearly 50 percent have tried marijuana at least once, and about 22% were current users.”

What you can do:

- ♦ Create a positive home environment. If your child perceives your home as a positive/welcoming place they are less likely to try to escape through drugs
- ♦ Encourage your child’s positive interests. If they find something enjoyable in life they are less likely to turn to drugs.
- ♦ Monitor your kid’s friendships. Get to know your kids friends and if you suspect them of doing drugs discourage the relationship between your child and that friend.
- ♦ TALK to your kids about drugs. Begin discussing drugs with your child at an early age. Don’t lecture your child, simply discuss the negative aspects that come from drug abuse.