

Parents in Prevention

FCD Prevention Works

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FCD Prevention Works

Part of the Hazelden Betty Ford Foundation

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





FCD's Prevention Approach

- A **collaborative process** promoting healthy young people by:
 - **Nurturing** protections
 - **Reducing** risks
 - **Intervening** on unhealthy behaviors





A HEALTH PERSPECTIVE



Risk Factors for Addiction



The FACTS

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





What Risk Factors Can Look Like

- ✓ Poor social or coping skills
- ✓ Unclear expectations or mixed messages
- ✓ Affiliations with peers with deviant behaviors
- ✓ Perceived approval of drug-using behaviors (at home, in school, etc.)
- ✓ Perceived accessibility and use of substances



Use, Abuse, Addiction



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



The Teenage Brain and Substances

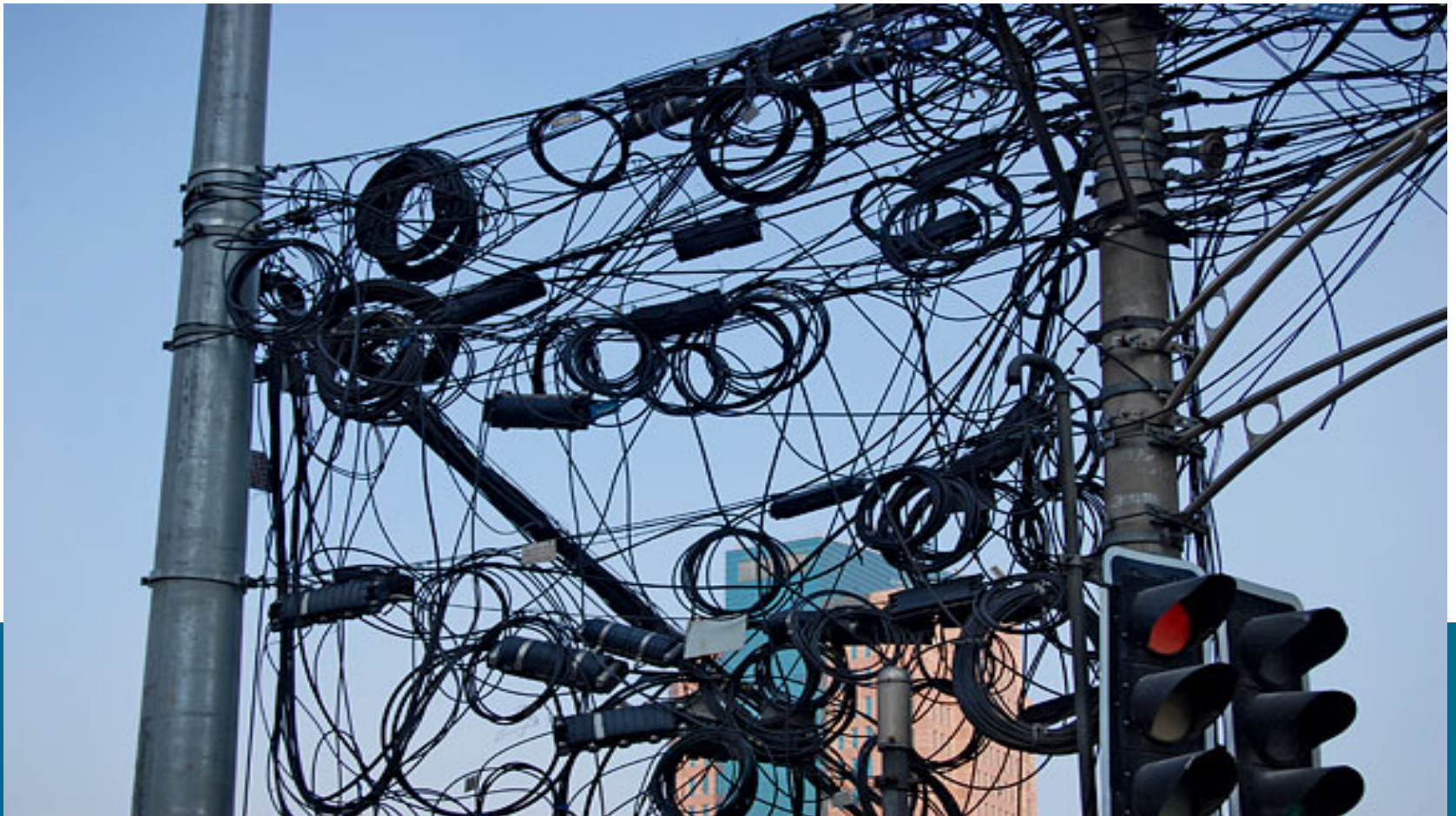
Unique Vulnerabilities

- Alcohol and other drugs interfere with forming connections in a teen's 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 .



Adolescent Brain

Synaptic Pruning



Adult Brain

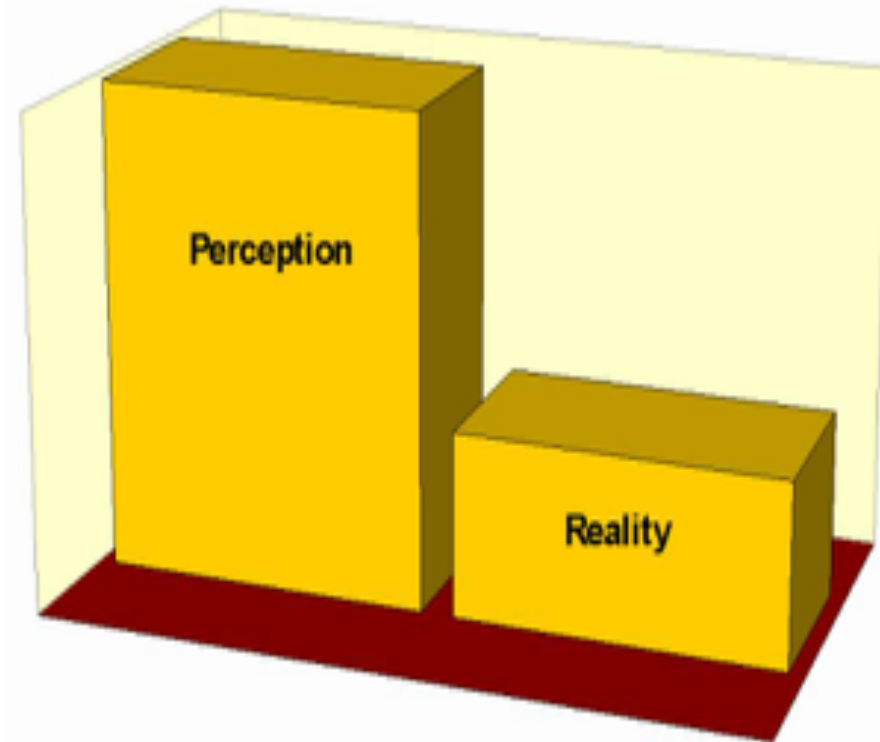


Social Norms Approach



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.



Social Norms

- Gross exaggerations
- False perceptions
- Perception influences reality
- Affects younger children
- Research-based prevention strategy





Climate of Prevention



79% of 9th graders say they typically never drink.

Yet, only 8% of 9th graders assume abstinence on the part of their classmates

Climate of Prevention



80% of 9th graders report typically never using marijuana.

▪

Yet, only 10% of 9th graders believe that students in their grade typically never use

Social Norms Approach



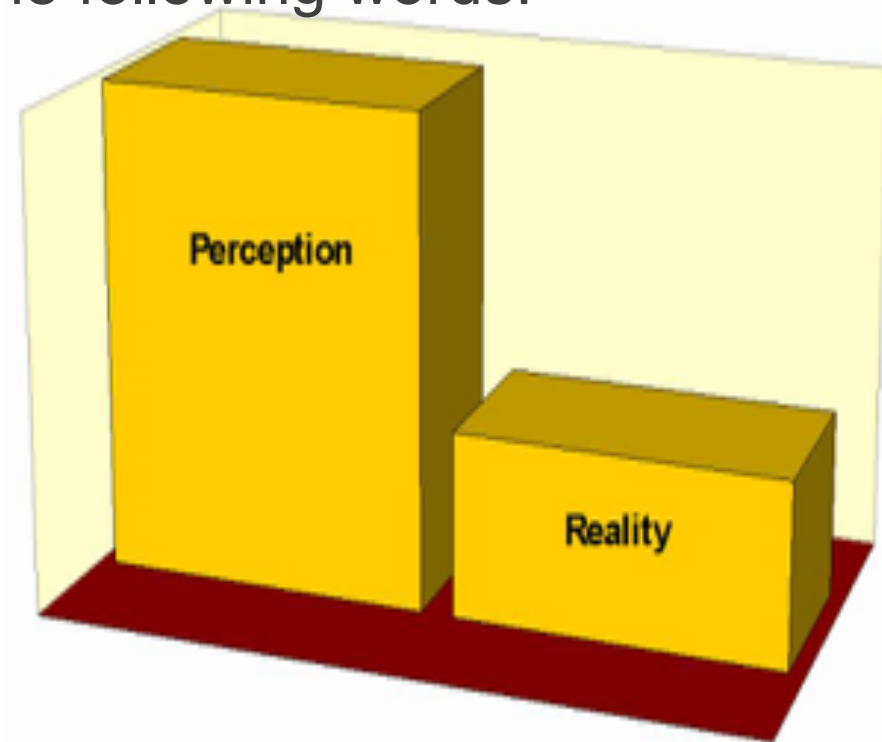
- Beware when you hear the following words:

❖ 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



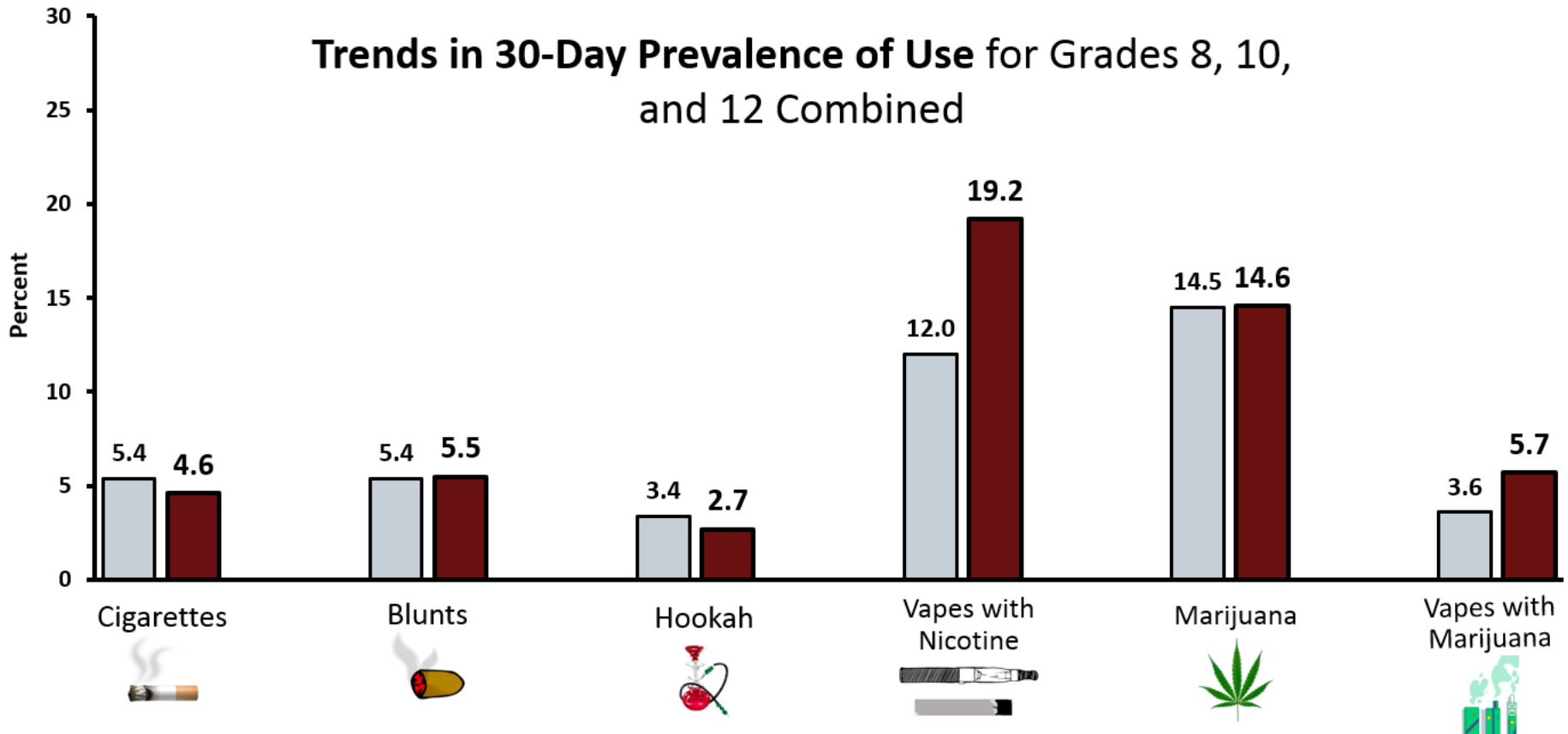


Adolescent Use in 2018

2017

2018

Trends in 30-Day Prevalence of Use for Grades 8, 10, and 12 Combined



A Clear and Present Danger

- 2017/2018 Past 30 Day use of an electronic cigarette/vaporizer:
 - 8th grade: **3.5%** 10th grade: **8%**
 - 8th grade: **6.1%** 10th grade: **16%**
 - 12th grade: **11%**
 - 12th grade: **21%**





RISK FACTOR

13% of CDH students say that they have used alcohol, marijuana, or other drugs at home

WITH a parent or guardian knowing. For 11th graders, this figure rises to 21%.

Parental Involvement



❖ ***This is not harm
reduction.
It is harm
introduction!***

Parental Involvement



Teenagers are less sensitive *than adults to cues that tell them to stop drinking. They are less likely to have trouble speaking, experience motor impairment and suffering hangover. And that tolerance means they are more likely to drink a lethal amount of alcohol.*

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.

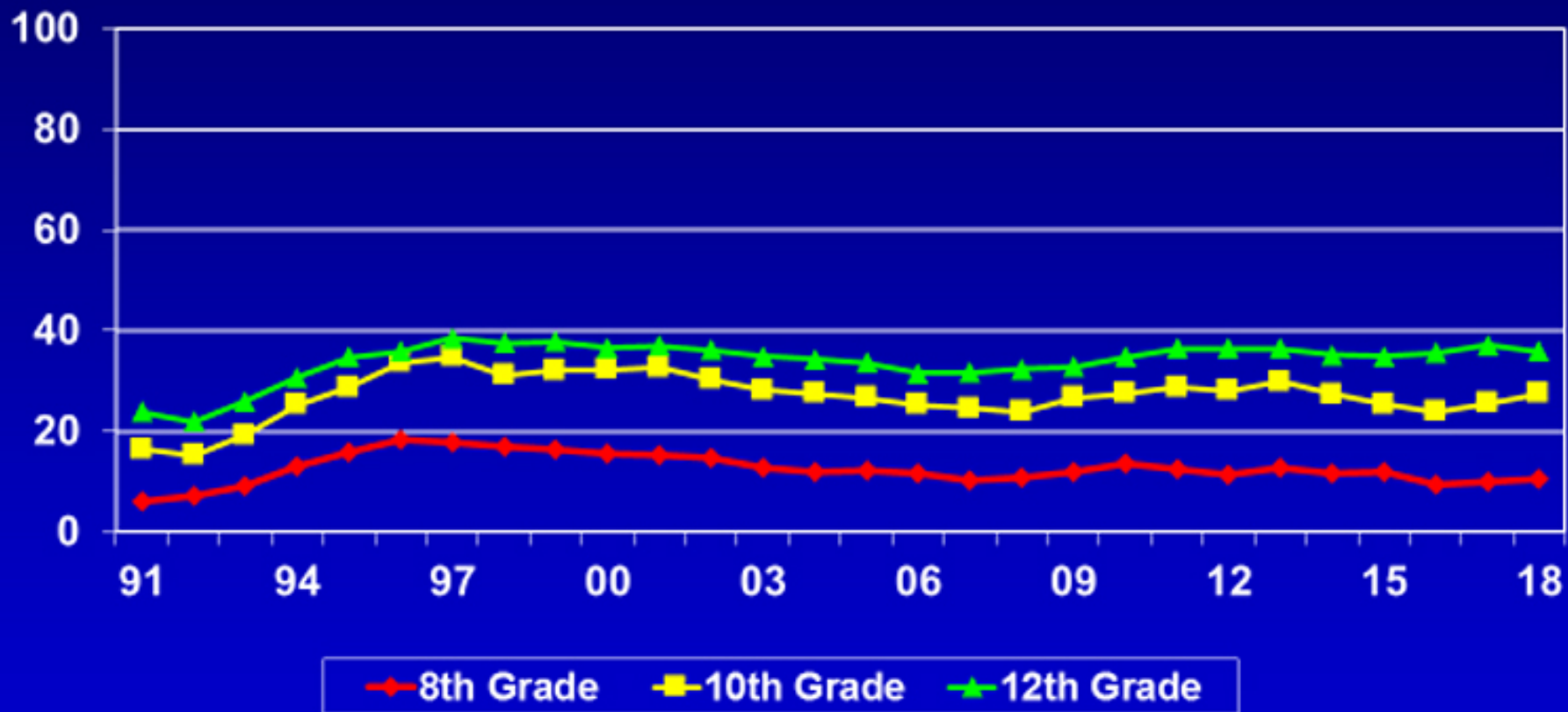
Consequences of Higher-Risk Use

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**



Percent of Students Reporting Use of Marijuana in Past Year, by Grade



SOURCE: University of Michigan, 2018 Monitoring the Future Study



Is the grass really greener?

**Know the facts
about how
marijuana use
can affect you:**

FCD.org



Marijuana Users Have Lower Grades

Students who used marijuana in the last year were 31% less likely to get A's than their non-using peers.



Marijuana Use Changes How Your Brain Works

Marijuana users are twice as likely to have trouble concentrating on important tasks, compared to their non-using peers.



Marijuana Use Impairs Your Judgment

Students who used marijuana in the past year were more likely to ride with an impaired driver (30%), compared to students who reported using alcohol (21%).



Marijuana Use Affects Your Relationships

81% of students would disapprove of a friend regularly using marijuana.



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All data taken from the FCD Student Attitudes and Behavior Survey® Database



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Cornerstones of Parental Protection

Your Role in Prevention



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

What Parents Can Do



Your Role in Prevention



- Model healthy, appropriate attitudes and behaviors
- Set clear limits, expectations and consequences
- Know what is going on:
 - after school
 - on weekends
 - during breaks/vacations
 - When stress is high
- Get to know their friends

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



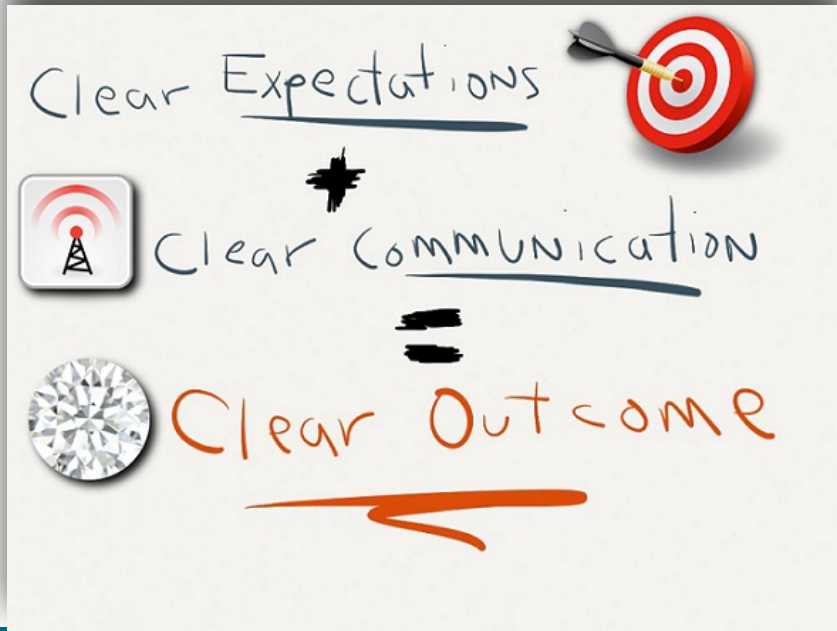
What Parents Can Do

- Stay informed
- Nurture protections
- Prevent use
 - Seek healthy highs
 - Alternatives for stress reduction
- Intervene early
- Keep the conversation going



What Parents Can Do

Your Role in Prevention



Research shows that teens use is less when teens

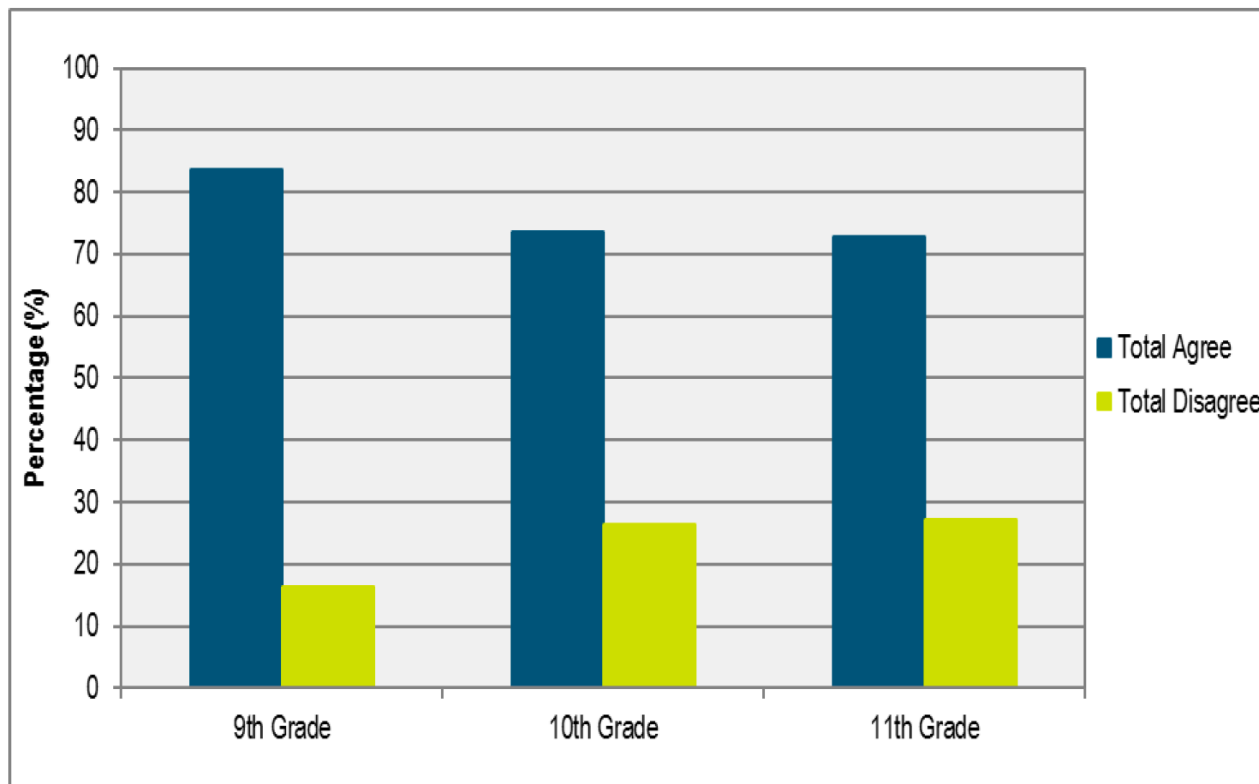
- 1) perceive that their parents disapprove of substance use, and**
- 2) who report that their parents are involved in their day-to-day activities**
- 3) directed by parental monitoring**

are less likely to use alcohol, tobacco/nicotine or illicit drugs.



My school is making a sincere effort to address alcohol and other drug use problems (Q44d)

	9 th Grade	10 th Grade	11 th Grade
Total Agree	83.6	73.7	72.8
Total Disagree	16.4	26.3	27.2



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



**QUESTIONS?
COMMENTS?
THANK YOU!**

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SCHOOLS@FCD.ORG

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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/>



Protective Factors

- ✓ Self-control: something you can teach & model
- ✓ Clear expectations, structures, limits, rules, monitoring, and engagement by parents about behavior and values
- ✓ Strong, positive partnership bonds to between family, school, and other community institutions
- ✓ Involvement in extracurricular activities
- ✓ Supportive relationships with family members, including extended family support



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



Use, Abuse, Addiction



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



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



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



EVOLUTION OF VAPING



CIG-A-LIKE
(2003)

VAPE PEN
(MID 2000'S)

MODS
(EARLY 2010'S)

POD MODS
(MID 2010'S)

