

inspired

[to make healthy choices]

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Preventing Teen Substance Use

Parents play a big part in prevention!

You have the power to be the reason your child chooses to make healthy decisions and not engage in substance use.

REASONS TEENS ENGAGE IN SUBSTANCE USE

Teens use tobacco, alcohol and other drugs for a number of reasons. While every person is different, some common reasons include:

- Peer pressure and a desire to fit in with social groups
- Coping with stress
- Misperceptions that "everyone is doing it"
- Enhancing experiences (such as for studying or relaxing in social situations)
- Boredom
- Genetic predisposition if there is a family history of addiction
- Depression

⚠ WARNING SIGNS OF SUBSTANCE USE

Though you may not think there is a need to know these signs, it is always a good idea to be informed. Warning signs for teen substance use include:

- ⚠ Severe mood swings
- ⚠ Extreme changes in sleep habits
- ⚠ Physical indications like weight loss, slurred speech, extreme anxiety or panic attacks
- ⚠ Sudden changes in friend groups
- ⚠ Self-harm
- ⚠ Loss of pleasure in activities

10 TIPS FOR PREVENTING TEEN SUBSTANCE USE

1. Eat dinner together regularly.
2. Be caring and supportive, and surround your child with positive role models.
3. Encourage your child to engage in healthy extracurricular activities.
4. Maintain open lines of communication.
5. Set no-drinking rules and consequences. Be consistent with them.
6. Help your child learn different ways to say "no" if offered alcohol.
7. Keep track of the alcohol in your home. Count it and lock it up.
8. Check in with your teens about their plans and ask about alcohol.
9. Be up and ready at curfew to talk with your teens about their night.
10. Set a good example! If you do drink, do so responsibly, and never drive after drinking.

You can make a difference and help your child make positive and healthy choices!

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