

DISCUSSION CARDS

- Facts, questions and conversation starters on the discussion cards can help you have informed, caring conversations with your child.
- Use the cards as a guide to learn information, set boundaries and share expectations on each topic.
- Allow your child to share their experiences and ask questions.



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ONGOING CONVERSATIONS MATTER

This isn't a one-time conversation!
Maintain open lines of communication and check
in often with your child.

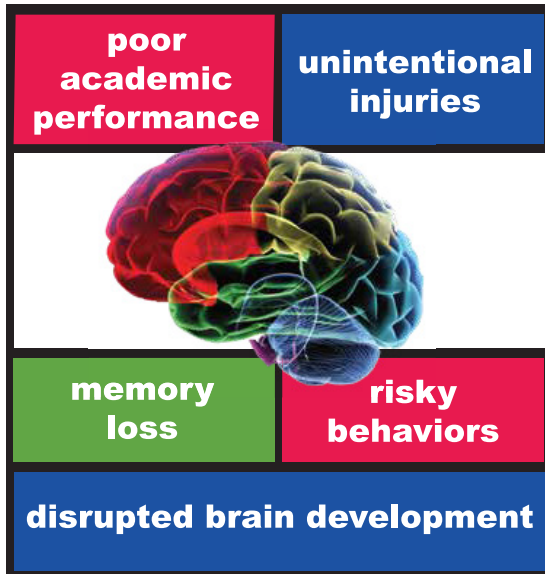
Tips for a Healthy Discussion

- **Talk** early and often with your child
- **Listen** without judgment
- **Establish** clear expectations and be consistent
- **Be aware** of changes in your child's mood, activities or friends
- **Know** who your child's friends are and where they hang out
- **Ensure** your child knows it is easier to say no than to quit later
- **Be open** about the dangers of substance use and your concerns
- **Inform** your child that they are more susceptible to addiction than adults



ALCOHOL IS STILL THE DRUG OF CHOICE FOR YOUTH.

Drinking alcohol underage can lead to unfavorable outcomes.



- **More than 90%** of all alcoholic drinks consumed by young people are consumed through binge drinking (excessive alcohol consumption in less than 2 hours).
- Most alcoholics in America **began drinking before age 18**.
- The brain is not fully developed **until age 25**.
- Youth who start drinking **before age 15** are four times more likely to develop alcohol dependence later in life.
- Alcohol contributes to the **three leading causes of death** among youth: unintentional injuries, homicides and suicides.

Conversation Starters

What do you think are the consequences of underage drinking?

What are our family's expectations around drinking alcohol?

How do youth gain access to alcohol?

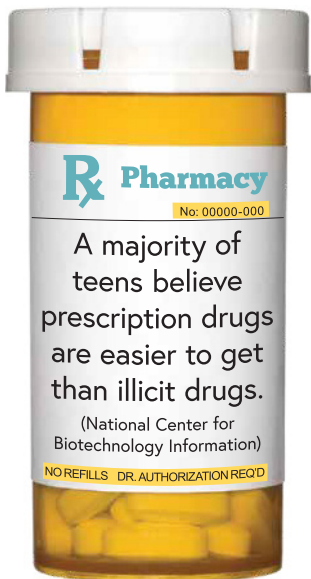
Are you interested in drinking?

How would you respond to a peer pressuring you to drink?

Parents are the #1 reason that youth choose NOT to drink.

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MISUSING PRESCRIPTION DRUGS IS NOT SAFER THAN ILLICIT DRUGS.



Prescription drug misuse includes:

- Taking someone else's medicine
- Using medicine not as prescribed
- Taking medicine to get high
- Mixing medicine with alcohol or other substances

Did you know?

- Prescription opioids account for 30% of all opioid overdoses.
- Prescription drug misuse is one of the fastest-growing drug problems in the U.S., especially among teens.
- Unused or expired medications should be disposed of properly, through drug take-back programs or by following FDA guidelines, to reduce the risk of misuse or overdose.

Prescription drug misuse is harmful to the developing brain and can put youth at an increased risk for developing a substance use disorder as an adult.

Conversation Starters

What are the dangers of misusing prescription drugs?

How would you respond if someone offered to share their prescription with you?

Are kids at your school taking medications that don't belong to them?

MONITOR

the medications in your home.

Most youth who misuse prescription drugs have reported obtaining them from friends or family members who leave medications unsecured at home.

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SUICIDE IS PREVENTABLE

Did you know?

- Suicide is the **THIRD leading cause of death** for 10-25 year olds.
- **Every 6 hours**, someone dies of suicide in Georgia.
- **ONE in FOUR** youth have seriously considered attempting suicide.

Warning signs of suicide may include:

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Withdrawing from activities, friends and family
- Changes in mood such as increased agitation, irritability or aggression
- Increased use of alcohol or drugs
- Giving away prized possessions



Maintaining open communication can help keep your child safe.

Reach out if you are concerned about your child's mental health.

988 Suicide & Crisis Lifeline | Call or text 988 | 988lifeline.org

What To Do In A Crisis

#BeThe1To prevent suicide with these action steps from 988 Suicide & Crisis Lifeline and SAMHSA.

1. Ask

Directly ask about suicidal thoughts and plans.

Remember to ask and listen in a non-judgmental way.

2. Be There

Set aside time to stay connected. Limit isolation as much as possible.

3. Keep Them Safe

Converse with your child on if they have a plan to kill themselves. Focus your efforts on putting time and distance between them and their chosen method.

4. Help Them Connect

Establish a safety plan with your child for moments when they find themselves in crisis.

5. Follow Up

Check in to see how they are doing. Studies have shown a reduction in suicide when connectedness was maintained.



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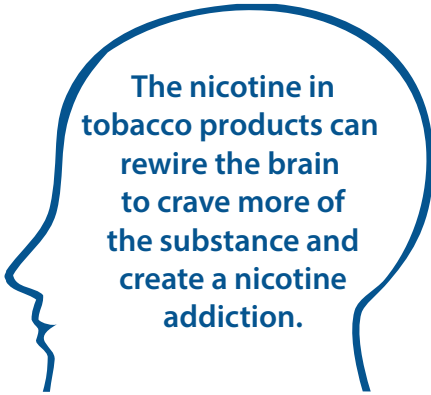
TOBACCO USE IS THE LEADING CAUSE OF *PREVENTABLE DEATH* WORLDWIDE.

- Nearly **9 out of 10** adults who smoke cigarettes daily **first tried smoking by age 18**.
- Youth who use multiple tobacco products are at **higher risk** of developing **nicotine dependence** in adulthood.
- Tobacco use in adolescence is linked to problems with **attention, learning, mood and impulse control**.
- **5.4% of middle school students and 10.1% of high school students** report current tobacco use.
- In the past 30 days, **85% of high school students and 74% of middle school students** who used tobacco products reported using a flavored tobacco product.

What's
the
harm?

- Long-term addiction
- Lung disease
- Cancer

EFFECT ON THE BRAIN



The nicotine in tobacco products can rewire the brain to crave more of the substance and create a nicotine addiction.

Conversation Starters

Are you aware of the long-term effects of tobacco use?

How do you think your peers view tobacco use?

How could you respond to a peer offering you a tobacco product?

Remember to talk often with your child about substance use!

**Georgia Tobacco Quit Line:
1-877-270-STOP (7867)**

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WHAT ARE THE FACTS ON VAPING?

- Current data shows that approximately **17% of high school students** in Georgia reported using e-cigarettes.
- **1 vape pod equals 20 cigarettes** worth of nicotine.
- Vaping product labels may under report nicotine levels by **as much as 172%**.
- E-cigarettes are the **most commonly used** tobacco product among youth.
- 97% of teens who vape report using a **flavored vape**.
- Teens who vape are **more likely to start smoking traditional cigarettes** compared to those who don't use e-cigarettes.
- E-cigarette devices can **look like** regular cigarettes, cigars or pipes, while others look like USB flash drives, pens or other **everyday devices**.

It's not just water vapor!

Vapes don't just emit harmless water vapor. Vapes emit aerosol, which can contain harmful chemicals like nicotine and flavoring such as diacetyl, a chemical linked to a serious lung disease.

What's the harm?

- Addiction
- 4x as likely to smoke cigarettes
- Exposure to toxic chemicals
- Poor heart health

Conversation Starters

Do you think vaping is harmful for your health?

Do you think vaping is safer than smoking cigarettes?

Do you think it's easy to purchase a vape?

Have you ever felt pressured to vape?

Why do you think kids your age vape?

RECREATIONAL MARIJUANA USE IS **ILLEGAL** IN GEORGIA.

Marijuana is the **#1 reason** adolescents are admitted for substance abuse treatment in the United States.

Marijuana is the **most common illegal drug** involved in auto fatalities.

Marijuana has the **lowest perceived risk** among illicit drugs at 12% for 12th graders.

The average marijuana extract contains **over 50% THC**. Higher THC levels mean higher **chance of addiction**.

Individuals who begin using marijuana before 18 are 4 to 7 times more likely than adults to develop problem use.

Effect On The Brain



THC is a mind-altering chemical in marijuana. Mixing marijuana and alcohol greatly impairs judgment leading to risky behaviors.

What's the Harm?

- Difficulty thinking and problem-solving
- Problems with memory, attention and learning
- Impaired coordination
- Decline in school performance
- Increased risk of mental health issues

Conversation Starters

**What do you think
about marijuana?**

**What would you say if you
were offered marijuana?**

**When and why might you
be inclined to use
marijuana?**

**Do kids at school talk
about marijuana?**

**What do they say and
believe?**

**How do you think
marijuana is viewed in
our community?**

Find support via Partnership to End Addiction at drugfree.org/get-support
www.guideinc.org/talk