



FSBC

TALK THEY HEAR YOU TOOLKIT FOR PREVENTION

Problem of Underage Drinking and Substance Use

High rates of youth alcohol use, shifting state laws regarding marijuana, and the nation's opioid crisis are prevalent health concerns that affect America's parents and caregivers. Preventing underage alcohol and substance use is critical for the following reasons:

- Approximately 88,000 Americans die from alcohol-attributed causes each year, making alcohol the third leading preventable cause of death in the United States.
- An estimated 2.1 million people ages 12 or older had an opioid use disorder, and nearly 30 percent of those who use marijuana may have some degree of marijuana use disorder.

The **"Talk. They Hear You."** campaign aims to reduce underage drinking and other substance use among youths under the age of 21 by providing parents and caregivers with information and resources they need to address these issues with their children early and often. Click [here](#) for more information.

What Schools Can Do...

Host a Parents Night Out

SAMHSA's new "Talk. They Hear You." campaign "Parents' Night Out" educational sessions aim to inform parents and caregivers about the realities of underage drinking and other drug use, prepare them to talk with their kids about these issues, and motivate them to start these important conversations. "Parents Night Out" information, click [here](#).

Resources for Educators

click on image to download

What Educators Can Do To Help

What Educators Can Do to Help Prevent Underage Drinking and Other Drug Use

School staff members can play a powerful role in the prevention of underage drinking and drug use among their students. Together, educators and families can work to send strong and consistent messages for students about the use of alcohol and other drugs.

Teachers and school staff members work hard every day to prepare students for future success. Alcohol and drugs, such as the game or opioids, can undermine a child's academic success and other life goals. Additionally, substance misuse and substance use disorders are associated with a variety of negative consequences, including deteriorating relationships, poor school performance, loss of employment, diminished mental health, and increases in alcohol and drug use.

Here are steps you can take to help your students avoid underage drinking and/or substance use.

Recognize the Signs

Educators can identify students who may be at risk for alcohol and drug use, and work with families to prevent these children from going down a harmful path.

The following signs may signal problems with the use of alcohol and other drugs. Experts say that a substance use problem is more likely if you notice several of these signs at the same time. If they occur suddenly, or if none of them are normally in place:

- Mood changes (e.g., run-ups of temper, irritability, depression)
- Drop class attendance, low grades, and/or behavior problems
- Change(s) for school rules

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Five Conversation Goals

Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them—as early as 9 years old.

Young people are more likely to learn when they know you're on their side. Realize why you don't want your child to drink or use other drugs. Because you want your child to be happy and safe, the conversation will go a lot better if you're open and you show concern.

You want your child to make informed decisions about alcohol and other drugs, with reliable information about its dangers. You don't want your child to have alcohol and other drugs from unreliable sources. Family should be a trustworthy source of information.

- 1 Show your disapproval of underage drinking and other drug misuse.
- 2 Show you care about your child's health, wellness, and success.
- 3 Show you're a good source of information about alcohol and other drugs.

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RESOURCES FOR PARENTS

To view or download a flyer, click on the image.

Talking to Kids About Alcohol and Other Drugs: 5 Conversation Goals

Research suggests that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed to them—ideally in 7th grade.

- 1 Show you disapprove of underage drinking and other drug misuse.** Over 80 percent of young people ages 10-17 say their parents are the leading influence on their decision whether to drink. Start a conversation with your child about your strong message that you disapprove of underage drinking and use of other drugs.
- 2 Show you care about your child's health, wellness, and success.**
- 3 Show you're a good source of information about alcohol and other drugs.** You want your child to make informed decisions about alcohol and other drugs and to understand the risks. Start a conversation with your child about alcohol and other drugs from credible sources. Establish yourself as a trustworthy source of information.

www.teenagepregnancy.samhsa.gov

Why You Should Talk With Your Child About Alcohol and Other Drugs

Parents Have a Significant Influence in Their Children's Decisions to Experiment With Alcohol and Other Drugs

One of the most influential factors during a child's adolescence is maintaining a strong, open relationship with a parent. When parents express support and set healthy boundaries, children make better decisions. Though it may not always seem like it, children really hear their parents' concerns, which is why it is important that parents discuss the risks of using alcohol and other drugs.

It's Better to Talk Before Children Are Exposed to Alcohol and Other Drugs

www.teenagepregnancy.samhsa.gov

UNDERAGE DRINKING PREVENTION NATIONAL MEDIA CAMPAIGN

THE CONSEQUENCES OF UNDERAGE DRINKING

Over the last several decades, scientific understanding and knowledge of the dangers of underage drinking have increased substantially. Underage drinking is associated with various health consequences for teens and can affect an individual for the rest of their adult life.

Children who drink alcohol are more likely to:

- Use drugs
- Present stage drinkers (nearly 1 million high school students nationwide per year) to engage in risky behaviors, including using other drugs such as marijuana and cocaine
- Get lost/gone
- Be injured or die
- Be sexually abused
- Be in a car accident
- Be in a violent crime, including rape, robbery, and car theft
- Be arrested for underage drinking
- Be in a violent crime, including rape, robbery, and car theft
- Be arrested for underage drinking
- Engage in risky sexual activities
- Young people who use alcohol are more likely to be sexually abused at earlier ages, to have sexual intercourse more often, and to have unintended sex.

More health issues:

- Drinking leads to depression and increases the chances that teens will engage in risky behavior as a coping mechanism for self-harm when they are stressed.
- Health problems:
- Young people who drink more than 50% have health issues such as depression and anxiety disorders.

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CAMPAÑA NACIONAL PARA PREVENIR EL CONSUMO DEL ALCOHOL POR MENORES DE EDAD

LAS CONSECUENCIAS DE QUE MENORES DE EDAD TOMEN ALCOHOL

En los últimos decenios, el entendimiento científico y el conocimiento de los peligros del consumo de alcohol por menores de edad han crecido considerablemente. El consumo de alcohol por menores de edad puede afectar a una persona por el resto de su vida adulta.

Los niños que beben alcohol son más propensos a:

- Usar drogas
- Querer convertirse en alcohol por consumo (casi un millón de estudiantes en escuelas secundarias en EE. UU.) beber más alcohol, usar otras drogas como la marihuana y la cocaína
- Perderse
- Ser víctimas de delitos violentos, como el abuso sexual, el robo y el asesinato
- Ser víctimas de delitos violentos, como el abuso sexual, el robo y el asesinato
- Engajarse en actividades sexuales riesgosas
- Los jóvenes que usan alcohol son más propensos a ser sexualmente abusados a edades tempranas, tener relaciones sexuales más a menudo y tener sexo sin protección.
- Problemas de salud
- Los jóvenes que beben alcohol tienen más probabilidades de tener problemas de salud como la depresión o problemas de ansiedad.

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LAS CHARLAS BREVES TIENEN MAYOR EFECTO

Las charlas breves y frecuentes podrían influir mucho en las decisiones de tu hijo acerca del alcohol. Habla con tu hijo con frecuencia sobre el consumo de alcohol y establece límites claros. Por eso es importante que mantengas la conversación durante toda la adolescencia.

Hablar seguido ayuda a establecer un vínculo de confianza y de comunicación abierta con tu hijo. Es más probable que los adolescentes eviten el consumo de alcohol cuando hay un vínculo fuerte y de confianza con los padres. Habla de alcohol de manera casual con tu hijo todos los días. Date feedback de cómo se sienten y cómo se relacionan con el alcohol, y el resultado más común será que eviten el consumo de alcohol.

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CAMPAÑA NACIONAL PARA PREVENIR EL CONSUMO DEL ALCOHOL ENTRE MENORES DE EDAD

¿Te invitamos a una fiesta... ¿Puedes ir? Pregúntale a tu hijo si te invita a una fiesta, presente en la fiesta y si el día que los niños van a estar tomando alcohol. Escuchando a tu hijo que está en un fiesta en su familia, puedes estar seguro de que tu hijo está tomando alcohol. Escuchando a tu hijo que está en un fiesta en su familia, puedes estar seguro de que tu hijo está tomando alcohol.

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SAMHSA'S "Talk, They Hear You."® Campaign Launches New Mobile App for Parents

The Substance Abuse and Mental Health Services Administration's (SAMHSA) new "Talk, They Hear You."® campaign mobile app helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids. The app shows parents how to turn everyday situations into opportunities to talk with their kids about alcohol and other drugs. It also equips them with the necessary skills, confidence, and knowledge to start and continue these conversations in their kids' gut.

Features of the new app include:

- Sample conversation starters
- Ways to keep the conversation going
- An interactive practice simulation actor
- The opportunity to earn badges for practicing and having real-life conversations
- A resources section with information and useful videos, fact sheets, brochures, infographics, guidelines, and more

Download the App Today! Parents and caregivers can download the app today to see how easy it can be to talk with their kids about underage drinking and other drug use. The app is available for free on the App Store, Google Play, and the Microsoft Store.

Scan the QR code or visit <https://www.samhsa.gov/talk-they-hear-you>

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Additional resources from ADAPP:

Parent & Caregiver Resources

Screen 4 Success Substance Use Prevention

talk they hear you®

MARIJUANA

Marijuana is the most commonly used illegal substance in the U.S. and is used widely. Although there are some states with legal recreational use of marijuana, including NY, it is NOT LEGAL ANYWHERE for ANYONE UNDER the AGE OF 21. Marijuana use among all ages has grown from 1990s and is projected to keep going up. The perception of how harmful marijuana can be is declining. Young people today do not consider marijuana as a risky behavior. There are real risks for people who use marijuana, especially youth and young adults. Today's teenagers are getting more and more informed. Children's program staff, parents & educators, people can and do become addicted to marijuana.

Research Shows:

- Approximately 1 in 10 people who use marijuana before age 18, the risk of cannabis use disorder is 4x higher.
- For people who begin using marijuana before age 18, the risk of cannabis use disorder is 4x higher.
- Research shows that people who use marijuana before age 18 are more likely to use other drugs, including alcohol, and to have mental health problems.
- Over the past few decades, the amount of THC in marijuana has steadily climbed. Today's marijuana has THREE TIMES the concentration of THC compared to 30 years ago.

Resources for Parents:

- Marijuana Use and Teens
- Marijuana Use and Teens
- Marijuana Use and Teens

One of the most influential factors to prevent youth substance use is a strong, open relationship with a parent or caregiver. You can make a difference!

In NYS, MARIJUANA IS LEGAL

BUT did you know...

It is still against the law for anyone younger than 21 years old to possess, sell or use any amount of cannabis.

The marijuana sold today is very different from the marijuana that many of us grew up with. It poses a very real and significant danger to our children. It looks different, often has no distinctive smell and contains much higher doses of the active ingredient THC.

UNDERSTANDING CANNABIS IN 2022

- Cannabis (also known as marijuana) is the second most commonly used recreational drug after alcohol. It can be smoked, vaped or ingested as food or beverage (edibles).
- The cannabis plant contains hundreds of compounds, including THC (delta-9-tetrahydrocannabinol). THC is a psychoactive compound that makes people feel high. Concentrations, such as delta-9 and delta-10, may have much higher amounts of THC - 40% to 60% - than other forms of cannabis, which are usually about 20%.
- A person's reaction to cannabis also may be affected by their age, weight, height, health status, metabolism level, tolerance and other drugs, food, liquids and drugs they have consumed that day.

WHAT DOES IT LOOK LIKE?

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