

News You Can Use

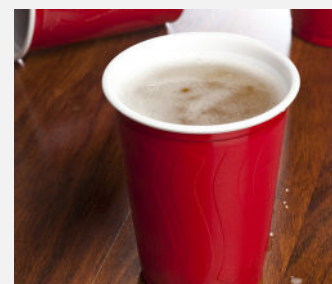
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Parents & caregivers are the biggest influence in a teen's or child's life. *Here's what that means for prevention.*

It may seem like teens aren't listening, but they are. Believe it or not, parents DO have an influence and can help prevent underage drinking and substance misuse among teenagers. Communication is key—maintaining an open, non-judgmental dialogue encourages trust and understanding. Educate them about the risks, emphasizing both short-term and long-term consequences. Set clear expectations and boundaries while being a positive role model regarding alcohol

and substance use. Foster healthy activities and interests, encouraging involvement in sports, arts, or clubs, providing alternatives to risky behaviors. Know your child's friends and their families, creating a supportive network. Lastly, stay informed about current trends and challenges in substance use to address potential issues early. Together, these efforts create a strong preventive foundation.



Staying connected is key to helping guide decisions through the pressures of teen life.

Ever wondered why teens seem to require more guidance when it comes to making critical decisions?

Teens often require guidance when making decisions due to their developing frontal lobes, affecting impulse control and decision-making. Inexperienced in navigating complex choices, they benefit from support, understanding, and the wisdom of adults to make informed, balanced decisions.

Marijuana is illegal & unsafe for anyone under 21, and for good reasons.

Understanding marijuana's impact on adolescent lives: 5 key effects.

1

Cognitive Development: Marijuana can impact a teenager's brain development, particularly the prefrontal cortex, responsible for decision-making, problem-solving, and impulse control. Prolonged or heavy use during adolescence may affect memory, attention, and cognitive function.

2

Mental Health: Teens using marijuana might be at a higher risk of mental health issues, including anxiety, depression, and even psychosis, especially if they have a predisposition to such conditions. The drug can exacerbate symptoms or trigger the onset of mental health disorders.

3

Education and Achievement: Regular marijuana use among teens might lead to decreased academic performance. It can affect their ability to concentrate, learn, and retain information, potentially impacting their future prospects.

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Understanding marijuana's impact on adolescent lives: 5 key effects.

4

Social and Behavioral Impact: Cannabis use in adolescence can alter behavior, leading to decreased motivation, increased risk-taking behavior, and potential social withdrawal. It can also affect relationships with family and friends.

5

Physical Health: Smoking marijuana can harm a teen's respiratory system. Additionally, if marijuana is consumed through edibles or other forms, it might lead to overeating and potential weight gain due to increased appetite, affecting their overall physical health.



Establishing a safe space for teens to discuss their thoughts and experiences regarding marijuana or any substance use encourages trust and transparency.

Seeking guidance from professionals and counselors can provide valuable insights and support in navigating these conversations.

Staying informed about the latest research, facts, laws, and trends related to marijuana and adolescent health is essential. The landscape of marijuana use is continuously evolving, so having up-to-date information equips parents to address concerns and guide their teens effectively.

By fostering an environment of trust, seeking guidance, and staying informed, parents can better support and guide their teens in making healthy informed decisions to avoid substance use.

When it comes to kids and phones...



In this digital age, parents often find themselves contemplating when to give their children their first phone. It's a significant decision that comes with both benefits and concerns. Handing a child their own device not only grants

connectivity but also raises safety considerations. Here are a few tips and safety precautions for parents navigating this territory:

Establish Ground Rules: Before handing over a phone, set clear guidelines. Define usage hours, content limitations including what not to share, and appropriate online behavior including no negativity and certainly no bullying behaviors.

Parental Controls and Monitoring: Use the available parental control features on the device and within apps that allow parents to manage and monitor the content their children can access and the duration of usage.

Educate on Cybersecurity: Teach kids about

cybersecurity and the importance of privacy. Emphasize the significance of strong, unique passwords, recognizing phishing attempts, and not sharing personal information including personal photos online.

Open Communication and Regular Check-ins: Foster an environment where children feel comfortable discussing their online experiences. Encourage them to talk about any concerning encounters or discomfort they face online without fear of reprisal.

Set a Good Example: Be a role model for responsible phone use. Demonstrating healthy phone habits sets a positive example for kids to follow.

Ensuring the safety of children in the digital world requires a combination of guidance, monitoring, and open dialogue. By implementing these tips and maintaining an open line of communication, parents can significantly contribute to their children's safe and responsible use of smartphones.