

Town Hall Video Discussion Guide

	<p>These are slides and discussion topics from the parenting portion of a Town Hall Community Discussion about reducing underage use of substances – alcohol, marijuana, nicotine and misuse of RX drugs</p>
<p>Keeping kids safe - Community Wheel Reducing underage use of drugs & alcohol</p> <p>Kids are making choices 3 major influencers around them: Parents, Schools, Police The rest of the community is important too</p> 	<p>It does take a village – well, the village can certainly have an impact. The 3 major influencers are Parents, Schools and Law Enforcement.</p> <ul style="list-style-type: none"> • Had you thought about all the influences in your child’s life relative to whether they use substances or not? Thinking of it now, any insights come to mind?
	<ul style="list-style-type: none"> • Many parents haven’t thought about it, spend a moment then describe how you see your role in helping your kids say no to alcohol, marijuana, nicotine or other drugs? • How would you define your level of concern about your child using alcohol, marijuana, nicotine or other drugs in middle school, high school, college? There can be a wide variety in the level of worry.
<p>Parenting - alcohol & drugs (marijuana)</p> <ol style="list-style-type: none"> 1. It’s ALWAYS been parent responsibility to help kids navigate 2. Our influence matters* <ol style="list-style-type: none"> a. Only 5% of kids try = clearly understand their parents are against it. b. 35% of kids will try = if their parents support use or are unclear 3. There is no neutral position on pot specifically any longer 4. Adult addiction = childhood onset disease. We can impact our kid’s long-term health. 90% of adult addicts began smoking, drinking or using other drugs before 18. ** 5. The “gateway drug” concept - newly understood <p><small>*Source: NSDUH, 2010 published Sept 2011; http://www.samhsa.gov/data/2k10/NSDUH/2k10Rresults.htm ** Source: CASA -National Center for Addiction and Substance Abuse www.casacolumbia.org</small></p>	<ul style="list-style-type: none"> • How important do you believe your influence is in your kid’s life relative to drugs and alcohol? • To date, all states with recreationally legal marijuana, approved it via ballot initiative (meaning by voters vs legislators). Have you thought about the fact that your kids are making assumptions about i) whether you voted for pot, ii) your general acceptance of it and iii) if you believe it’s okay for them.

~ 3 Gateway drugs for 12-17 year olds ~ Alcohol, Marijuana (THC) and Cigarettes (nicotine)

All 3 are addictive

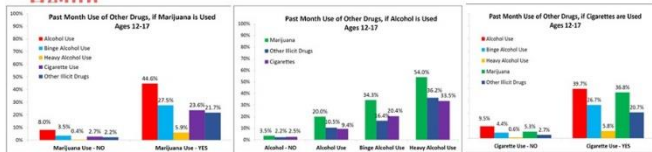
Teen brains are especially vulnerable to their harm - as all 3 affect brain plasticity and proper neural function

Statistically we are finding that the use of one - increases use of the other 2 and other illicit drugs*

*Source: Data from DuPont, Han, Shea, Madras. Preventive Medicine 113: 68-73, 2018. (Graph prepared by BK Madras, C Shea)
Past month use of alcohol, marijuana and licit drugs among youth aged 12-17. (past month adjusted prevalence; n = 17,000)
** Source: CASA - National Center for Addiction and Substance Abuse. www.casa.colostate.edu; <https://www.nbcnews.com/health/kids-health/marijuana-may-be-worse-teen-brains-alcohol-study-8nd5-n916206>

- Is this new definition of “gateway” drugs surprising? Does it make sense?

2017 NSDUH – National Survey on Drug Use and Health



*Source: 2017 NSDUH Data from DuPont, Han, Shea, Madras. Preventive Medicine 113: 68-73, compiled 2016. (Graph prepared by BK Madras, C Shea) Past month use of alcohol, marijuana and licit drugs among youth aged 12-17. (past month adjusted prevalence; n = 17,000)

- Did you believe one of these drugs was better for your kid than the others? If so, which one?
- Does this data change your mind?

Rethink “kids will be kids” and “alcohol & drugs are just a rite of passage in high school”

Before: Many parents smoked and drank in high school and **we turned out okay**

Today: substances, the environment and patterns of usage are different

Today: *escape* vs having fun

- The topics in this and the next slide resonates differently with every parent.
 - Do you subscribed to “kids will be kids?”
 - Did you realize it before listening to the video?
- Do you think today’s youth experience drugs and alcohol differently than you did in middle &/or high school? Describe the differences and any concerns.

Parent perspectives that deserve another look

1. Use is better at my home - versus in the streets or in other homes that are unsupervised - keeps kids safe
2. I can teach my children how to drink responsibly
3. Kids need to experiment in high school before they go to college

- Did the video change your mind on any of these commonly held perspectives?
- Even if it did not change your mind entirely, could you support a community effort to reduce underage use?
- Does the group gathered today feel like it could align in some ways to help their kids make substance-free choices?
- Did anything in the “NIH – Drinking at Home – flyer” catch your attention

Let's talk parties

Socializing is an important part of adolescence

- Help your child plan drug-free/alcohol-free social events
- Monitor drug-free/alcohol-free social events
- Be involved and set the guidelines on when and under what circumstances your child goes to parties
- Help your child navigate drug/alcohol events

- Share any substance-free party or activity strategies.
- Look at the "Let's talk parties – Flyer" for more food-for-thought
- Or, set up another time to look talk in detail about substance-free activities/strategies

Contemplating consequences

Consequences are a way of shaping behavior and training the brain

Change in behavior -> change in community - > change in norms

Consequences tend to be "things to take away" but can also be "tasks to accomplish"

Make consequences like goals - written down, clearly defined, proportional, achievable - better done before infraction occurs

It's hoped that consequences teach - "bad decisions lead to unpleasant consequences" but consequences served should also be about forgiveness and starting anew

- Not covered in the video, but what do you think about consequences?
- Do you have consequences already set in your home for drug and alcohol related incidents? Do you have consequences for other types of offenses?
 - What do you find to be effective?
 - Have certain consequences not worked?