

Prevention *for parents*



Healthy Ways to De-Stress in December

As the winter break approaches students are excited about checking out of school for a while.

It's a great opportunity for students to rest and restore. Have a conversation with your student about healthy ways to unwind.

Students sometimes use substances to deal with stress when they don't know how else to handle it.

Giving students other options is an effective way to prevent substance use.



Whether it's baking winter treats together, playing games with friends

and family, or catching up on their hobbies, encourage your student to find a healthy way to de-stress.

Even better— do something together that is relaxing for both of you !



Points of Interest

- Encourage healthy ways to deal with stress
- How to teach refusal skills
- Peer helper service
- Dealing with double standards: How to talk with your student about NOT using if you use

Refusal Skills: A Powerful Protective Factor

Kids know which decisions are healthy and which aren't, but they don't always know *how* to make the healthy decision.

We know that kids make better decisions around drug and alcohol

use when they know how to say no, and feel comfortable doing it.

It may feel silly, but having kids practice saying no is an effective way to prevent substance use.

When students know

which words to use they are more likely to refuse when someone offers them a drink or a hit off their vape.

Take time to role play a scenario or two and help build your student's refusal skills.



The STOP method is a quick and easy-to-remember strategy for saying no.

Peer Substance Use Consultation Service

Teen Link is a peer-support service and is free to all teens. Students can call, text, or chat on a computer with a special trained peer helper in Washington state. All conversations are anonymous and confidential.



Your student can talk about whatever is on their mind— including substance use. If your teen is wrestling with the decision to use or not to use and could use a listening ear from someone their own age, encourage them to reach out.

Visit <https://www.teenlink.org/> to learn more.

What Would You Like To See In The Next Issue?

Contact Colleen Chan with any suggestions, comments, or questions.

Colleen Chan

Student Assistance Professional (SAP)
South Whidbey Middle & High Schools
Northwest ESD 189
Phone: 360-221-4300 ext. 5416
Email: cchan@sw.wednet.edu



How to Keep Your Teen Drug-Free When You Use Drugs or Alcohol

Do you want to keep your teen substance free but worry about double standards? Even if you use drugs or alcohol, you can still have effective conversations about not using.

What Works:

- Sharing the reasons you don't want them to use
- Being truthful about your use if asked, but not going into detail
- Set clear expectations

What **DOESN'T** Work:

- Lying about previous use
- Telling stories about

your use in high school / college

- Making promises about trying to quit



It can be confusing for students to see parents using drugs or alcohol and being told not to use themselves.

Having a conversation about it helps them understand, and is a great opportunity to set expectations.

Parent Resources

How to Support Your Teen

<https://www.teenlink.org/my-teen/>

Tips for Managing Stress

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/3-tips-to-manage-stress>

How to Talk To Your Kids About Drugs if You Did Drugs

<https://drugfree.org/wp-content/uploads/2013/02/How-to-talk-to-your-kids-about-drugs-if-you-did-drugs.pdf>