

8 WAYS TO TALK WITH YOUR TEEN ABOUT DRUGS AND ALCOHOL



Talking to your teen about substance abuse doesn't have to be difficult. References to drugs and alcohol appear in headlines, sitcoms, movies and advertisements. Take advantage of these opportunities to start a conversation with your child.

1. **Use blocks of time** such as after dinner, before bedtime, before school or on the drive to or from school and extracurricular activities to talk about drugs and why they're harmful.
2. **Take advantage of everyday "teachable moments."** Teachable moments refer to using every day events in your life to point out things you'd like your child to know about.
3. **Point out alcohol, tobacco, and drug-related situations** going on in your own neighborhood. If you and your child are at the park and see a

group of kids drinking or smoking, use the moment to talk about the negative effects of alcohol and tobacco.

4. **Use newspaper headlines or TV news stories as a conversation starter.**
The daily news is filled with stories that detail the consequences of alcohol and drug abuse. Talk to your child about the mother who used drugs and was arrested. Who will take care of her baby now? Did she make a good decision when she used drugs?
5. **Watch TV with your kids, and ask them what they think.** Do the shows and advertising make drug use look acceptable and routine? Or do they show its downside? How did that program make your child feel about drugs? Write a letter with your child to companies or TV networks about the messages they put out about drugs. Also remember that anti-drug advertising — such as that from the Partnership for Drug-Free Kids is a great kickoff to discussion.
6. When discussing outside events — something on TV or in pop culture — **ask open-ended questions**, suggests Dr. Drew, physician, board certified internist and addiction medicine specialist. “What do you think about that?” is a great way to start. It takes the heat off them — and then you have an opportunity to share with them your values, your ideas and educate.”
7. **Share stories of people in recovery** and stories of those lost to drugs and alcohol. Ask your teen their thoughts and feelings after reading the stories.
8. **View the Partnership for Drug-Free Kids’s Drug Guide** to learn more about the top drugs in your teen’s world. Then ask your teen about these drugs — has he heard of them? What does she know about them? Does anyone in her school use these drugs? Any of her friends? Has she ever been offered to drink or smoke weed?

POPULAR

RECENT

COMMENTS

GIVE NOW



Tips for Talking With Kids About Drugs

<https://www.youtube.com/watch?v=HXrecJyXDIY>

Talking About Kids About Parents Own Past Drug Use

<https://www.youtube.com/watch?v=MuNjVT-L9cQ>

<https://www.youtube.com/watch?v=fHDh6G0JGAo>

The Truth of Addiction

<https://www.youtube.com/watch?v=gjSis8p3420>

The Boy Who Was Swallowed by the Drug Monster

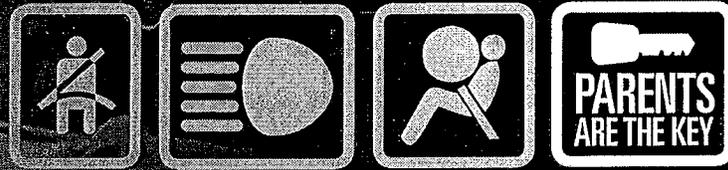
<https://www.youtube.com/watch?v=XaBMhAww3d0>

Drug and Alcohol Awareness, Bobby wants to be Cool part 1 and part 2

<https://www.youtube.com/watch?v=uUqcKg0OH0s>

<https://www.youtube.com/watch?v=4suNIUaikuU>





PARENT-TEEN DRIVING AGREEMENT

I, _____, will drive carefully and cautiously and will be courteous to other drivers, bicyclists, and pedestrians at all times.

I PROMISE.

I promise that I will obey all the rules of the road.

- Always wear a seat belt and make all my passengers buckle up
- Obey all traffic lights, stop signs, other street signs, and road markings
- Stay within the speed limit and drive safely
- Never use the car to race or to try to impress others
- Never give rides to hitchhikers

I promise that I will make sure I can stay focused on driving.

- Never text while driving (writing, reading or sending messages)
- Never talk on the cell phone — including handsfree devices or speakerphone — while driving
- Drive with both hands on the wheel
- Never eat or drink while driving
- Drive only when I am alert and in emotional control
- Call my parents for a ride home if I am impaired in any way that interferes with my ability to drive safely, or if my driver is impaired in any way
- Never use headphones or earbuds to listen to music while I drive

I promise that I will respect laws about drugs and alcohol.

- Drive only when I am alcohol and drug free
- Never allow any alcohol or illegal drugs in the car
- Be a passenger only with drivers who are alcohol and drug free

I promise that I will be a responsible driver.

- Drive only when I have permission to use the car and I will not let anyone else drive the car unless I have permission
- Drive someone else's car only if I have parental permission
- Pay for all traffic citations or parking tickets
- Complete my family responsibilities and maintain good grades at school as listed here: _____

- Contribute to the costs of gasoline, maintenance, and insurance as listed here: _____

RESTRICTIONS:

I agree to the following restrictions, but understand that these restrictions will be modified by my parents as I get more driving experience and demonstrate that I am a responsible driver.

- For the next _____ months, I will not drive after _____ pm.
- For the next _____ months, I will not transport more than _____ teen passengers (unless I am supervised by a responsible adult).
- For the next _____ months, I won't adjust the stereo, electronic devices, or air conditioning/heater while the car is moving.
- For the next _____ months, I will not drive in bad weather.
- I understand that I am not permitted to drive to off limit locations or on roads and highways as listed here: _____

- Additional restrictions: _____

PENALTIES FOR AGREEMENT VIOLATIONS

- Drove while texting (composed, read or sent message or email with phone).
NO DRIVING FOR _____ MONTHS
- Drove while talking on the cell phone (including handsfree or speakerphone).
NO DRIVING FOR _____ MONTHS
- Drove after drinking alcohol or using drugs.
NO DRIVING FOR _____ MONTHS
- Got ticket for speeding or moving violation.
NO DRIVING FOR _____ MONTHS
- Drove after night driving curfew.
NO DRIVING FOR _____ WEEKS/MONTHS
- Drove too many passengers.
NO DRIVING FOR _____ WEEKS/MONTHS
- Broke promise about seat belts (self and others).
NO DRIVING FOR _____ WEEKS/MONTHS
- Drove on a road or to an area that is off limits.
NO DRIVING FOR _____ WEEKS/MONTHS

I agree to follow all the rules and restrictions in this agreement. I understand that my parents will impose penalties, including removal of my driving privileges, if I violate the agreement. I also understand that my parents will allow me greater driving privileges as I become more experienced and as I demonstrate that I am always a safe and responsible driver.



SIGNATURES

Driver: _____ Date: _____

Parent promise: I also agree to drive safely and to be an excellent role model.

Parent (or guardian): _____ Date: _____

Parent (or guardian): _____ Date: _____



WWW.CDC.GOV/PARENTSARETHEKEY

EIGHT DANGER ZONES FOR TEENS BEHIND THE WHEEL

Six teens a day are killed in car crashes. Make sure your young driver is aware of the leading causes of teen crashes, and put rules in place to help your teen stay safe.

NO. 1: DRIVER INEXPERIENCE. Most crashes happen during the first year a teen has a license. Provide at least 30 to 50 hours of supervised driving practice over at least six months. Make sure to practice on a variety of roads, at different times of day, and in varied weather and traffic conditions. This will help your teen gain the skills he or she needs to be safe.

NO. 2: DRIVING WITH TEEN PASSENGERS. Crash risk goes up when teens drive with other teens in the car. Follow your state's teen driving law for passenger restrictions. If your state doesn't have such a rule, limit the number of teen passengers your teen can have to zero or one. Keep this rule for at least the first six months.

NO. 3: NIGHTTIME DRIVING. For all ages, fatal crashes are more likely to occur at night; but the risk is higher for teens. Make sure your teen is off the road by 9 or 10 p.m. for at least the first six months of licensed driving.

NO. 4: NOT USING SEAT BELTS. The simplest way to prevent car crash deaths is to buckle up. Require your teen to wear a seat belt on every trip. This simple step can reduce your teen's risk of dying or being badly injured in a crash by about half.

NO. 5: DISTRACTED DRIVING. Distractions increase your teen's risk of being in a crash. Don't allow activities that may take your teen's attention away from driving, such as talking on a cell phone, texting, eating, or playing with the radio.

NO. 6: DROWSY DRIVING. Young drivers are at high risk for drowsy driving, which causes thousands of crashes every year. Teens are most tired and at risk when driving in the early morning or late at night. Be sure your teen is well rested before he or she gets behind the wheel.

NO. 7: RECKLESS DRIVING. Research shows that teens lack the experience, judgment, and maturity to assess risky situations. Help your teen avoid the following unsafe behaviors.

- **Speeding:** Make sure your teen knows to follow the speed limit and adjust speed to road conditions.
- **Tailgating:** Remind your teen to maintain enough space behind the vehicle ahead to avoid a crash in case of a sudden stop.

NO. 8: IMPAIRED DRIVING. Even one drink will impair your teen's driving ability and increase their risk of a crash. Be a good role model: never drink and drive, and reinforce this message with your teen.

Take the next step and download the Parent-Teen Driving Agreement at www.cdc.gov/parentsarethekey.



Do Try This At Home

(only with the help of a parent or teacher)

Plants Can't Eat THAT!

Materials

*these materials should only be handled by an adult!

- 3 houseplants of the same kind
- Marker
- Ruler
- 3 clear plastic cups
- Newspaper
- Water
- Alcohol*
- Cigarettes* (one per feeding)
- Paper and pencil

1 inch line

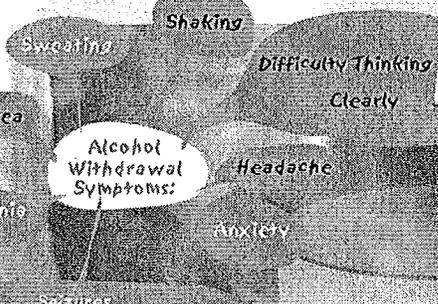
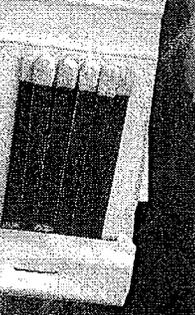


Follow These Steps

1. Set up the experiment.
 - Label each plant with the substance with which it will be fed: water, alcohol, or tobacco.
 - Label each of the cups: water, alcohol, or tobacco. Each cup will only be used for that specific substance.
 - With a ruler, measure 1 inch from the bottom of the clear plastic cups and draw a line. To feed the plants, fill the cups only to the line so that each plant receives the same amount of food.
 - Record your observations on how each plant looks. You can even take pictures if you have a camera.
2. Every 3rd day for 3 weeks, do the following:
 - The night before, fill the tobacco glass to the line with water; remove the paper from one cigarette*, and put the tobacco* in the glass. Let it soak overnight.
 - The next day, place the plants on a table.
 - Measure each plant at its highest point (the tallest leaf) with a ruler. Record each plant's height and appearance (color, overall health, and number and health of its leaves).
 - Record your observations, and draw a picture of each plant.
 - Gather the tobacco water, fresh water, and alcohol. Make sure they are at room temperature.
 - Water each plant with the appropriate substance.
 - Keep the plants in a sunny area between feedings.
3. At the end of 3 weeks, examine each plant and record your observations. Compare with the observations over the three weeks. What are the differences? What effect did each substance have on the plant? Why do you think this happened?

Strong Names for Cigarettes & Tobacco

- CIGARS
- CIGARETTES
- SMOCKETS
- FILTERS
- TIPPERS
- TIPS



Alcohol Withdrawal Symptoms:

Alcohol Background

Alcohol is found in beer, wine, and liquor, such as gin, vodka, or whiskey. It interferes with messages carried by many neurotransmitters found throughout the brain. This affects functions like thinking, coordination, and emotion. Alcohol is often used with other drugs, which can increase the effects of BOTH drugs. Alcohol and certain drugs work in the same areas of the brain. Combining them can greatly intensify their effects, which can be very dangerous to the brain and body.

Stats & Facts

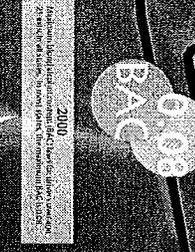
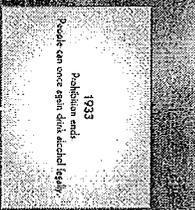
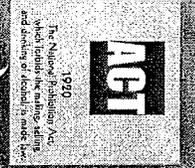
- Nicotine is just as addictive as heroin or cocaine
- Infants and unborn babies of smoking mothers are at risk of developing health problems
- Autopsies have shown that patients with chronic alcohol abuse have smaller, lighter, more shrunken brains than non-alcoholics
- Mixing alcohol with medicines or other drugs is extremely dangerous and can lead to death

• 42% of people who abuse alcohol are addicted to alcohol and require drug treatment

• 1 in 10 people who abuse alcohol are addicted to alcohol and require drug treatment

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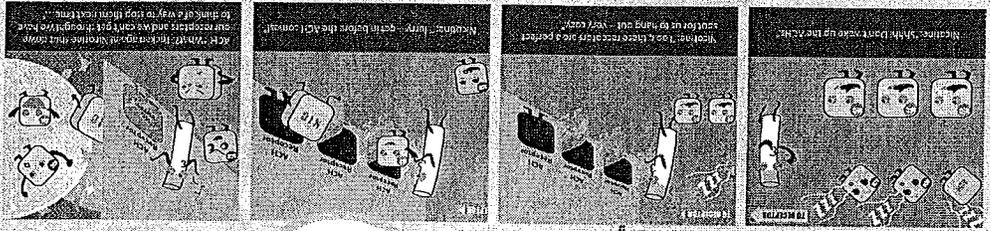
1904 Prohibition Act is passed but it is soon repealed

1913-1933 Prohibition Act is passed but it is soon repealed

1944 The government says that alcoholism is the 4th largest health problem in the United States

1979 Every state has its own laws regarding alcohol and it varies from state to state

Alcohol Alley answers: 1. liver; 2. inhibitory; 3. excitatory; 4. GABA; 5. dopamine; 6. alcohol; 7. withdrawal



NICOTINE THE DECEPTION QUEEN

Since the production of the nicotine path and gum, more than 1 million people have been successfully treated for nicotine addiction.

The younger a person starts smoking, the greater the risk of addiction.

Long-term smoking can dull the senses of smell and taste.

Nicotine is just as addictive as heroin or cocaine.

90% of people who quit on their own are successful each year.

Nicotine is a drug found in all tobacco products. Nicotine is very addictive. Nicotine stimulates the nervous system and causes an increase in blood pressure, heart rate, and respiration by stimulating receptors for acetylcholine. Cigarettes release more than 4,000 chemicals when smoked, including tar and carbon monoxide. Chemicals in cigarettes can cause lung cancer, emphysema, bronchial diseases, and heart problems. Smoking is also linked to cancers of the throat, mouth, pancreas, esophagus, and stomach.

Infants and unborn babies are at risk of developing health problems.

80% of all smokers began smoking in their teens.

Chewing tobacco can cause damage to gum tissue and teeth.

Nicotine Background

Science in the Spotlight

Misleading the Brain with Nicotine

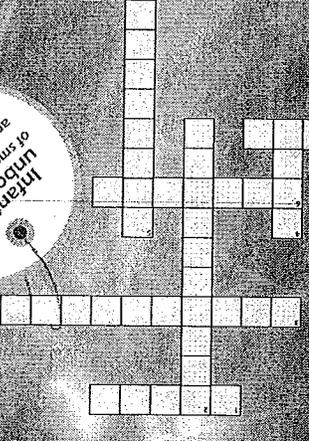
Have you ever wondered why people who want to stop smoking can't just quit?

- Quitting is so difficult because smoking causes changes in the brain.
- After a while, the brain has changed so much it's only happy when it receives nicotine.
- When the nicotine stops, the withdrawal begins—shaking, irritability, headaches, and decreased alertness. No wonder it's so hard to quit!
- Because nicotine causes changes in the brain that lead to nicotine addiction, people often need professional help to quit smoking.
- Nicotine use causes increased activity at the acetylcholine receptors and fools the brain into thinking there's too much acetylcholine.
- Nicotine, the chemical in cigarettes that causes addiction, acts like the neurotransmitter acetylcholine—binding to the receptors responsible for heart rate, alertness, and muscle movement.
- Because the brain thinks there's too much acetylcholine, it reduces the number of receptors and amount of acetylcholine released into the synapse.

ACRYLAMIDE
NICOTINE
SLEEP
ALIBI
ALBINO
DOPAMINE
PACH
TOBACCO
CANCER
INHIBITORY
SHAKING

NICOTINE NOOK

- A body part besides the brain that can be damaged by alcohol abuse.
- Damaged by alcohol abuse, this neurotransmitter that stimulates an action.
- Responsible for certain drinks that change experiences after quitting a drug.
- The uncomfortable feeling a drug user experiences after quitting a drug.
- An inhibitory neurotransmitter that slows down or stops an action.
- A neurotransmitter responsible for the pleasurable effects of alcohol.



Alcohol Alley

BP Weekly



Legal
People
Harm

