

STAY ON TRACK PARENT
COALITION PRESENTS:

NOT MY KID SYNDROME

*A PARENT'S EBOOK
WHY AND HOW
YOU SHOULD TALK TO
YOUR CHILD ABOUT
SUBSTANCE
USE/MISUSE*





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C H A P T E R

01

WHY YOU SHOULD TALK TO YOUR CHILD ABOUT SUBSTANCE USE / MISUSE

Are you a parent who wants to know more about how to talk to your child about drugs and alcohol?

Know WHY you should have the talk

You have a strong influence in your child's decisions to experiment with alcohol & other drugs

It's better to talk before children are exposed

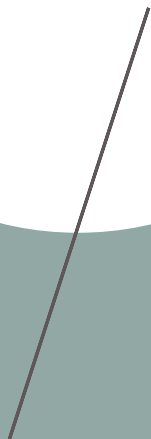
Not talking to your child about alcohol and other drugs **STILL** sends them a message



02



C H A P T E R



02

COMMUNICATION STRATEGIES

Get Ready: Conversations take time, effort, & a genuine desire to connect with one another. It's a continually evolving process that gets stronger over time. 60 1-minute informal conversations are more effective than one single lengthy conversation.

READY

Get Set: 2 things to set the stage for a good conversation: 1) timing and 2) setting. Teens' moods after school can be like ours after a full day of adulting: hungry, tired, cranky, stressed, etc. Conversation starters that encourage open ended questions can be "tell me about your day" or "what was the best part of your day?" instead of "did you have a good day?" Think about how you can ask questions in a way that allows you to learn the most about your teen's world. and because deep down they desire to share their world with you.

SET

C O M M U N I C A T I O N S T R A T E G I E S

Go: Talking about drugs and alcohol, Fentanyl related overdoses, and prevention can be difficult, but it is a conversation that **needs to happen.**

Conversation starters can include: 1) “I am curious what you have heard and what you know about drugs/alcohol/vapes/pills/or other substance?” or 2) “If you were offered a pill/alcoholic drink/vape at a party what would you do?” Be mindful of allowing the conversation to flow naturally instead of preplanned with high expectations.

The goal is to prepare your teen to make wise choices.

Some topics you may want to cover are sharing stories about Fentanyl deaths in the community and practicing refusal skills together so that if offered a pill, they are prepared, and have practiced saying no.



Remember, you are the #1 influence on your teen’s decision to use or not use drugs as research shows that teens are 50% less likely to use drugs when their parents talk to them.

C O M M U N I C A T I O N S T R A T E G I E S

Evaluate: What if the conversation went south? Take heart, this will happen. Parenting is tough!

Ask yourself: What went well and what didn't? We know that experimentation can be dangerous due to the prevalence and accessibility of substances.

Our fear of losing our teen to this epidemic can fuel the urgency for them to hear us. Fear, disappointment, and/or anger will stop your teen from hearing your words and risks turning into a lecture and not a conversation.

Feel free to stop and self-check. If you feel your emotions too heavy, it's completely ok to call a time out and come back to the conversation later.

EVALUATE

COMMUNICATION STRATEGIES

Evaluate: Be real...apologize if you handled the situation poorly.

Do your best and remember you are modeling to your teen that you make mistakes and hold yourself accountable for your actions.

You are teaching them that they can trust you and that you respect them by asking for their forgiveness.

Once you're ready to approach the conversation again, consider saying "this is hard to talk about, but we need to discuss it" or "I would rather us (you and your teen are a team) be uncomfortable for a few seconds rather than endure the loss of someone for the rest of your life."

EVALUATE

If your child is put in the situation to make the choice to use substances, let it be your voice they

hear saying:

"I want you to live; I love you!"

03



C H A P T E R

03

SUBSTANCE USE FACTS

Fentanyl Facts

Fentanyl is a synthetic opioid that is up to 50x stronger than heroin and 100x stronger than morphine. Fentanyl is being illicitly manufactured, pressed into pills, then sold on the streets and online as the real deal.

DEA has determined that 7 out of 10 pills sold illegally contain a potential lethal dose of Fentanyl. The amount of Fentanyl necessary to cause a death is the size of a sesame seed, or about 2 milligrams.

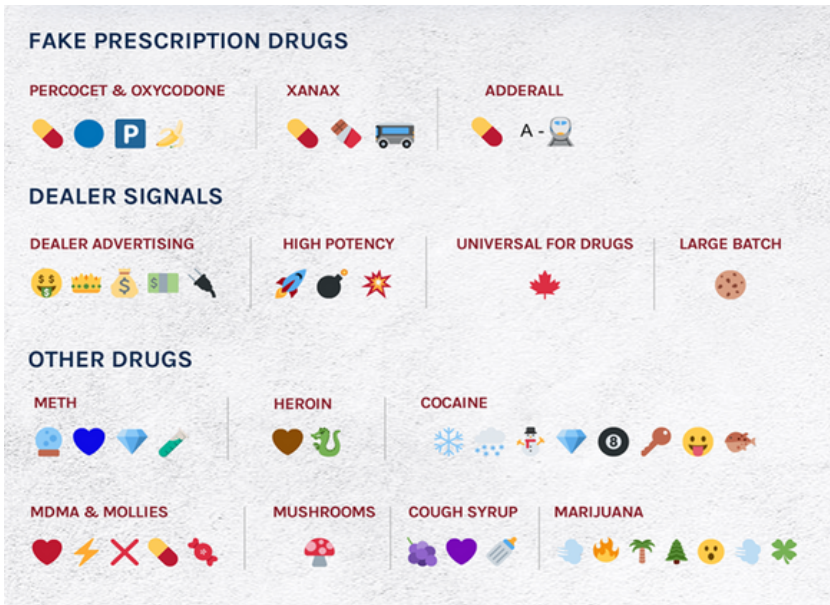


SUBSTANCE USE FACTS

Fentanyl Facts

You might be thinking, where would my teen find these drugs? The internet and social media (apps) are a mega-shopping mall for anything your teen might be interested or curious about.

Pills are being marketed in coded language and animated emojis through social media apps such as Facebook, WhatsApp, and Snapchat. Unfortunately, this means that dealers can be just a click away.



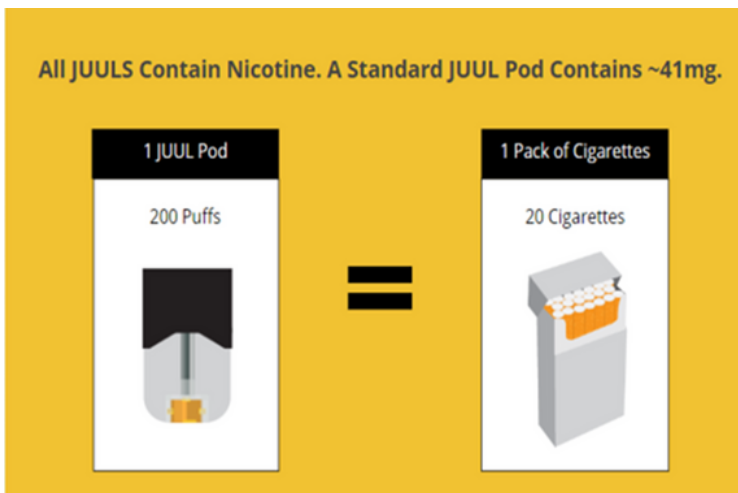
SUBSTANCE USE FACTS

Nicotine Facts

According to a CDC survey, e-cigarettes are the most commonly used tobacco product among high school and middle school students.

Do you know the level of nicotine concentration in cigarettes vs. electronic cigarettes (vapes)? 1 pack of cigarettes has the same level concentration as 1 JUUL pod. There are vapes being sold right now that contain even higher concentrations of nicotine.

Tests have shown that products that advertise 0% nicotine, may still have nicotine. (No regulation).



SUBSTANCE USE FACTS

Nicotine Facts

Vape devices can look like everyday items; easy to conceal and harder to detect.

Any vape device can have dangerous levels of nicotine, traces of metals, and chemicals which are unsafe to inhale.

PARENTS: do your own research on the 100s of different vapes out there that are getting your child's attention.



SUBSTANCE USE FACTS

Marijuana/THC Facts

Those who vape and smoke nicotine are more than 40x more likely to also vape and smoke cannabis, according to the study, published in the journal Addiction.

Marijuana today is not the same as marijuana was 10 years ago. It has been synthesized, amplified, and played around with to have stronger effects ... which is all the more dangerous.



Today's pot is
now about
275%
more potent than
it was
10 years ago

SUBSTANCE USE FACTS

Marijuana/THC Facts

A single marijuana edible can have varying levels of THC and because there is a delayed onset of 30-60 minutes, it can cause someone to ingest more, increasing impairment and risk of poisoning.

Possessing THC oil in TX is considered a more serious crime than simply possessing marijuana. Vaping THC oil, which is a concentrated version of the mind-altering component of marijuana, has become popular. Under TX law, THC oil or wax is considered a concentrate and possessing it is a felony criminal offense.

- if found with even the smallest amount of THC, you can get a **STATE FELONY** on your record
- can affect youth's opportunities for college, purchasing a home, scholarships, finding employment, and more



SUBSTANCE USE FACTS

Alcohol Facts

Alcohol is still the primary drug of abuse in TX among adolescents.

The alcohol-to-go law created more avenues for young people to get alcohol.

Before the alcohol-to-go law was in place, there were roughly **54,000** licensed retailers from which people could purchase alcohol in the state.

Now, people can pick up alcohol curbside or in drive-thrus, or they can have it delivered to their doorstep by one of the roughly **200,000** delivery drivers in the state.

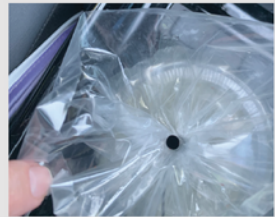
Easily opened or unsealed to-go drinks make it **simple to sneak sips of alcohol**. This is especially concerning when it comes to drinking and driving.

1 out of 5

alcoholic beverages purchased under the alcohol-to-go law was **NOT** in a tamper-proof container.

90% of the time,

alcohol pick-up orders were **NOT** placed in a location in the car that is allowed by the law.



Alcoholic beverages from alcohol-to-go orders without tamper-proof seals.

SUBSTANCE USE FACTS

Alcohol Facts

Lack of ID checks makes it easier for youth to purchase alcohol

- 70% of the time alcohol was ordered for delivery or pick-up, there was NO ID check
- 38% of deliveries involved NO ID check
- 80% of pick-up sales had NO ID check
- Nearly 20% of orders were left for pick-up or at doorsteps with NO contact made at all
- Technology challenges result in lack of ID checks

Every doorstep and driver's seat is now an opportunity



04



C H A P T E R

04

RESOURCES FOR MORE HELP

Recognizing an Opioid Overdose & knowing what to do:

A person who is overdosing from opioids may: **1)** be breathing very slow or not breathing, **2)** have blue or purplish lips or fingernails, **3)** be vomiting or gurgling, **4)** not wake up or respond if you try to wake them up.

If a person shows signs of a Fentanyl or other opioid overdose: • **call 911 immediately**, and • give the person **naloxone (Narcan)**. Two doses might be needed and if given soon enough, naloxone can counter the overdose effects, usually within minutes.

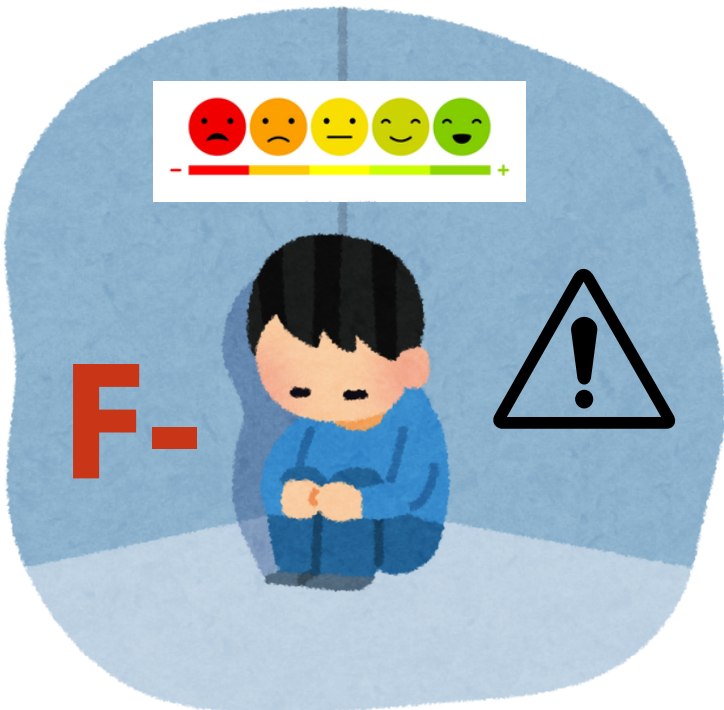
You can purchase Naloxone at your local pharmacy without a prescription needed; Narcan is also over the counter!



RESOURCES FOR MORE HELP

Some signs that might suggest drug use include:

- 1) changes in friends
- 2) withdrawal from family
- 3) falling behind in school
- 4) getting caught in lies
- 5) changes in moods
- 6) changes in appetite
- 7) changes in sleep patterns



RESOURCES FOR MORE HELP

Remember, you are incredibly important in your child's life. We suggest talking to your child and talk often (60-1-minute conversations) and trying to do things together that promote opportunities for connection and relationship building. If your child is put in the situation to make the choice to use substances, let it be your voice they hear saying:

“I want you to live; I love you!”



Additional resources in Tarrant County:



Challenge of Tarrant County: 817-336-6617

Recovery Resource Council: 817-332-6329

<https://www.tarrantcares.org/>

DEA One Pill Can Kill: <https://www.dea.gov/onepill>

MADD: Power of Parents: <https://madd.org/power-ofparents/>

SAMHSA Treatment Locator: 1-800-662-HELP
Poison Control: 1-800-222-1222 or text POISON to 797979 to add Poison Control to as a contact in your mobile phone.

The “Talk. They Hear You.” campaign mobile app:
Available on the App Store, Google Play, and the Microsoft Store. <https://realdealonfentanyl.com/get-the-facts> Ad Council website on Fentanyl overdose information.

You can connect with your child's guidance counselor or family doctor.