

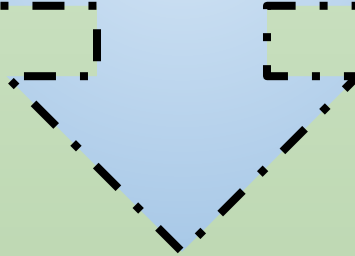
Newsletter 8: Empowering Families to Prevent Opioid Misuse

The Role of Families in Opioid Education

Families are often the first line of defense in preventing opioid misuse among minority youth. By fostering open communication, creating a supportive environment, and staying informed about the risks, families can play a critical role in guiding their children away from substance misuse. Empowering parents and caregivers with the tools and knowledge they need to support their children is essential for long-term prevention.

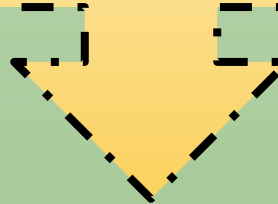
1. Open Communication:

Creating an atmosphere where youth feel safe discussing their concerns, questions, and pressures is crucial. Parents and caregivers should encourage open, judgment-free conversations about drug use, peer pressure, and coping with stress.



2. Setting Clear Expectations:

Establishing clear rules and consequences about substance use helps youth understand their family's stance on opioids. Consistent messaging can reinforce the importance of staying drug-free.



3. Recognizing Early Warning Signs:

Families should be educated on the behavioral and physical signs of potential substance misuse. Sudden changes in mood, secrecy, declining academic performance, and unexplained health issues may signal a problem.