

WHAT WE CAN DO

Parents doing all we can to keep our children from developing substance use disorders

Tip #1

TALK EARLY AND OFTEN

starttalkingnow.org/get-facts

Tip #2

SET CLEAR EXPECTATIONS

starttalkingnow.org/parents

Tip #3

SUPPORT HEALTHY ACTIVITIES

<https://forms.gle/hn40R2EWb2U2QAoy9>

Tip #4

PAY ATTENTION AND STAY INVOLVED

Where, What, Who, When?
Will there be alcohol & drugs?

Tip #5

PRACTICE REFUSAL SKILLS

- No thanks
- Excuse
- Change the subject
- Use humor
- Avoid the situation
- Strength in numbers

Tip #6

CREATE AN ESCAPE PLAN

Make a code word
Be a getaway driver

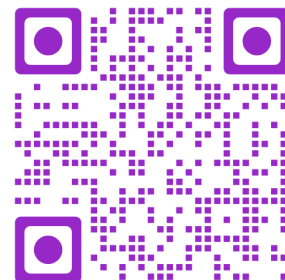
Tip #7

INTERVENE EARLY

<https://drugfree.org/article/signs-of-drug-use-in-teens/>



<https://drugfree.org/substance-use-risk-assessment/>



Create moments to build RESILIENCE.

RESOURCES

- Renew: 509-765-9239
- Teen Link: 866-833-6546
- Crisis: 988
- Recovery Navigator Program: 800-810-4138
- StartTalkingNow.org
- Drugfree.org
- School Counselors
- Private Counselors
- Drugabuse.gov
- YouCanWA.org
- MLCommunityCoalition.org

