

Substance Use Prevention: Foundations

Parent/Trusted Adult at Home Activity & Survey

Talking about Peer Pressure and Alcohol Use



Greetings from Candor Health Education!

Research shows that parents are the number one influence in a child's life. This is why we want to partner with you to help your child make healthy decisions. This letter contains a review of content from our 4th/5th grade program on Substance Use Prevention as well as activities that you and your child can do together. We hope this will help you continue the conversation with your child at home. Lastly, please help us keep our program content fresh and relevant by completing the brief parent survey at the end of this activity.

What your Child Learned in the Substance Use Prevention Program:

- knowledge about how drugs affect the brain and body to make healthy choices
- information about marijuana, alcohol, medicines, cigarettes/e-cigarettes and prescription medicine
- strategies for handling peer pressure and coping skills for navigating adolescence
- refusal skills to use when faced with unhealthy situations. REAL is an acronym to help them remember four ways to say no: **R**efuse, **E**xplain, **A**void and **L**eave

At Home Activity:

We would like to give you an opportunity to have a conversation with your child about what they have been learning from Candor Health Education and what to do when faced with peer pressure. We invite you to watch the video. It depicts a peer pressure situation about alcohol. Students need opportunities to practice refusal skills in safe situations, so when being faced with unhealthy decisions, they are prepared to make a healthy choice. We suggest that you watch [the video](#) first by yourself and then have your child watch it again with you.

Here are some questions about the video to help you start a discussion.

- Andy was under a lot of pressure to take that bottle from the party. How might have Andy used REAL (refusal skills) to help him say no?
- Alcohol is legal for people over 21, but why is it important for people under 21 not to drink alcohol?
- Are there times that you feel peer pressured? Is there a way that I can help you deal with peer pressure?

After completing the activity and discussion with your child, please complete this short, [parent survey](#). If you are interested in staying up-to-date on health topics impacting youth and young adults, [register here](#) to receive the monthly Candor Health Education community newsletter. We have several [resources on our website](#) for parents to approach difficult topics with their child. We look forward to partnering with you and encourage you to keep talking with your child...they are listening.

Sincerely,

The Candor Health Education Team