

Substance Use Prevention: Decisions

Parent/Trusted Adult at Home Activity and Survey



Greetings from Candor Health Education!

Did you know that 90% of addictions start in the teen years, but 50% can be avoided by having ongoing conversations with your child? This is why we want to provide you with topics and questions to help you have essential conversations with your child about substance use. This letter contains links to videos that you and your child can watch and discuss together. Also, please complete the parent survey at the end of this letter to help us keep our program content fresh and relevant.

An Important Trusted Adult/Child Conversation – Why do you think some teens use substances?

[Why do some teens use substances?](#)

- Do you agree with what these young people are saying about why some teens use substances?
- Are there other reasons you think some young people use substances?

[Healthy Coping Strategies](#)

- If someone is feeling stressed or anxious, what are some healthy coping strategies they can use instead of turning to substance use?
- What coping strategies have worked for you?

[Adolescent Brain Development](#)

An Important Trusted Adult/Child Conversation – Adolescent Brain Development and Substance Use

- What did you learn about brain development?
- Why is avoiding substance use or even delaying use during adolescence important?
- What are some things that teenagers can do to take better care of their brains?

An Important Trusted Adult/Child Conversation – Addiction

[My Vaping Mistakes: How It Became an Addiction](#)

- What is addiction? How would someone know they are addicted?
- Do you think young people think they will become addicted when they first try a substance? Is there any way to know for sure they will or will not develop an addiction?
- What are some ways that an addiction to vaping interfered with these young peoples' lives?

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An Important Trusted Adult/Child Conversation - Counterfeit Pills Laced with Lethal Doses of Fentanyl

- Young people are purchasing pills on-line that they believe to be Xanax or Percocet or OxyContin but are laced with fentanyl – a synthetic opioid that is 100x stronger than morphine.
- Snapchat has been linked to the sale of fentanyl-laced counterfeit pills that have caused the deaths of teens and young adults in at least [15 states](#), [according to The Partnership for Safe Medicines](#), a nonprofit public health group.

Watch [this video](#) to learn more about on-line access to fentanyl-laced drugs. Let your teen know that “one pill can kill.”

Tips to talk with your teen about drugs. Remember, you are the most influential person in your child’s life. [Research shows they are listening.](#)

- **Begin conversations before there is a problem:** Use real life opportunities as teachable moments (TV shows, headlines, news stories, things happening in your community).
- **Use facts:** Your child is exposed to lots of misinformation. Help them determine fact and fiction by getting information from reputable sources.
- **Create a safe and open environment to talk about all issues big and small:** Open dialogue about the small daily occurrences will make larger issues easier to discuss.
- **Set goals for conversations:** It is important to stay focused and calm when talking to your child about drugs. Thinking about what you want to say ahead of time will help you be open to listening to what they have to say.
- **Find healthy coping skills for your family:** Modeling positive ways to deal with stress will give teens tools to use. Find opportunities to do activities as a family for relaxation.
- **Tie drug use to their brain development:** The teen brain is still developing. Decisions they are making now can impact their brain development. 90% of addictions begin from teen use.

After completing the activity and discussion with your child, please complete this short, [parent feedback form](#). It will take less than two minutes to complete.

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.

Don’t forget to visit our newly updated website for [parent resources](#), to help keep the conversation going. For additional Drug Education resources, check out our [Substance Abuse Prevention Portal](#), full of engaging videos, activities and learning materials for you and your child. Topics addressed include brain science and addiction as well as information on specific drugs such as alcohol, marijuana and opioids.

Sincerely,
The Candor Health Education Team