

What every PARENT should know about SUBSTANCE USE

- **Parent influence matters** – 80% of young people ages 10-18 say their parents are the leading influence in their decision to drink or not. – SAMHSA
- Current substance research and understanding of brain development suggests **a new health standard – no drug or alcohol use when young for reasons of health** – just like seat belts and helmets protect kids, young people are uniquely vulnerable to the harms of all substance use. – Dr. Robert Dupont, The Institute for Behavior and Health
- **For teens, the use of one substance generally means the use of other substances**, i.e. if a teen is using marijuana they are much more likely to be using alcohol, nicotine and illicit drugs. – National Survey on Drug Use and Health
- **Substance use hurts athletic performance** among middle and high school athletes.
- **Substance use in high school is NOT inevitable.** In fact, more high school seniors today (8th and 10th graders, too) have NEVER used any drugs or alcohol than in any year prior. – Monitoring The Future



To find out more or to schedule presentations for your athletes, coaches and/or parents visit:

substance-free-athletics.org



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How to HELP YOUR ATHLETES

RESOURCES



EDUCATE YOURSELF – be able to counter misinformation about drugs and alcohol



SUPPORT SYSTEMS – don't go it alone; join other trusted adults, parenting peers and support coaches

COMMUNICATION



ONGOING DIALOGUE – it's more than one conversation



ENCOURAGEMENT & PRAISE – recognize good choices



HONEST & AUTHENTIC – our kids know when we're not



AGREED UPON OUTCOMES & CLEAR CONSEQUENCES – set-up for success

PROTECT YOUR GAME

PARENTS HELPFUL RESOURCES



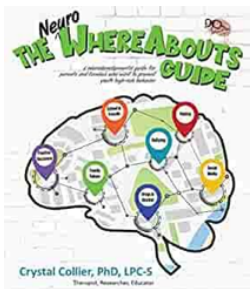
Mothers Against Drunk Driving (MADD)

Power of Parents Materials - Equipping parents with the tools and education to have lifesaving conversations around the dangers and consequences of underage drinking and marijuana use.



Parent Movement 2.0

Helping parents help their kids navigate away from drug and alcohol through education & advocacy.



Brain-based Parenting

The NeuroWhereAbouts Guide explains how kids grow neurologically (from elementary through high school and beyond) and how parents can use that understanding to help kids move away from risky behaviors towards more healthy ones. Neurological growth is one important way in which we all become adults.



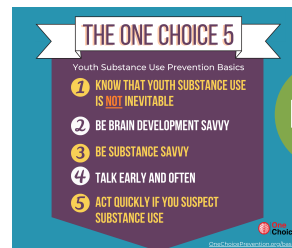
Talk. They Hear You: What Parents are Saying Podcast

Discussions with parents, caregivers, and nationally recognized experts lending their unique perspectives and experiences in how to have conversations around substance use and mental health.



Natural High

Through powerful social influencers and its Essential Information series, Natural High helps parents talk to their kids about one of the greatest risks – underage drug and alcohol use.



NEW



One Choice 5 – Prevention Framework for Parents

Designed to help parents think about prevention and integrate its importance into family life in a practical way and to support efforts to raise substance-free kids.