



# INFORMED PARENTS MAKE INFORMED CHOICES

## YOU ROCK!

Parents are the #1 reason kids make good choices. YOU will help shape their attitudes about drugs, cultural issues, self image, relationships, sex and more...

FACT

## STRONG FAMILY TIES

Unplug, ask open-ended questions and simply listen. Make your home a welcoming hangout. Hug them, even the big kids! YOU can reduce the likelihood of drug abuse and other problems.

HOW

## CHILLING STUFF

3 out of 4 new heroin addicts started with Rx pain killers, often from a medicine cabinet. 14% of local teens surveyed know someone who uses Rx opioids or heroin to get high.

FACT

## NOT MY KID

Empty the medicine cabinet of unused meds. Learn about this national epidemic and the signs and symptoms of drug abuse. Talk to your kids about the dangers of alcohol and drugs.

HELP!

## UNDER PRESSURE

Teens in the US spend about 9 hours a day consuming social media. 'FOMO' (Fear of Missing Out) and maintaining a perfect online image can lead to anxiety, depression and loss of sleep.

FACT

## DINNER'S ON PHONES OFF!

Helping your child manage time on their devices can be difficult. Work with them to find a healthy balance and role model good habits.

UNPLUG

## POT POURRI

Marijuana may be laced with deadly fentanyl as well as embalming fluid, pesticides, fungi, lead and E. coli. Newer forms can be 90% stronger than before and can be smokeless.

FACT

## SMOKE & MIRRORS

The legalization of pot makes it seem safe. However, 1 in 6 teens who use pot could become addicted. Now you know better... don't let them start.

SAY NO

## PARENT IS A VERB

Be a parent, not a friend. They need your guidance now more than ever. Help them navigate their ups and downs by knowing what they face each day.

FACT

## IT TAKES A VILLAGE

Trends change quickly. Attend district, community and PTO/HSA programs throughout the year and BRING OTHER PARENTS. Stay in the know!

GET SCHOOLED

