



The Village School Parent Meeting October 2015

Corinne Brisbois, FCD Prevention Specialist
FCD Prevention Works

FCD Prevention Works

- ▶ Private nonprofit organization
- ▶ **39** years of school-based substance abuse prevention
- ▶ **2** million students, **66** countries



- ▶ Prevention is a **climate** and not a program

FCD's Prevention Approach

- ▶ A **collaborative process** promoting healthy young people by:
 - ▶ **Reducing** risks
 - ▶ **Intervening** on unhealthy behaviors
 - ▶ **Nurturing** protections



FCD's Intensive Student Education

- ▶ Richly interactive curricula combine up-to-date information with real-life experiences.
- ▶ Teaching methods include presentation, discussion, role-play, and exercises.
- ▶ Flexibly structured so student questions and concerns can springboard discussion.
- ▶ The order of material may vary - prevention specialists capitalize on students' interests and enthusiasm.



Risk Factors for Addiction

- ▶ **Family history**
- ▶ **Age of first use**
- ▶ **Cravings**
- ▶ **Tolerance**
- ▶ **Surroundings**



Why do kids use alcohol and other drugs?



- ▶ Curiosity
- ▶ Stress
- ▶ “To have fun.”
- ▶ “Everybody does it.”
- ▶ “All the cool kids are doing it.”
- ▶ Lack of information
- ▶ Unknown expectations

Social Norms

- ▶ People tend to do what they perceive everyone else is doing.
- ▶ What people ***think*** everyone else is doing becomes the norm. But...
- ▶ ...perceptions are not always accurate. Still...
- ▶ ...behaviors occur based on false norms.



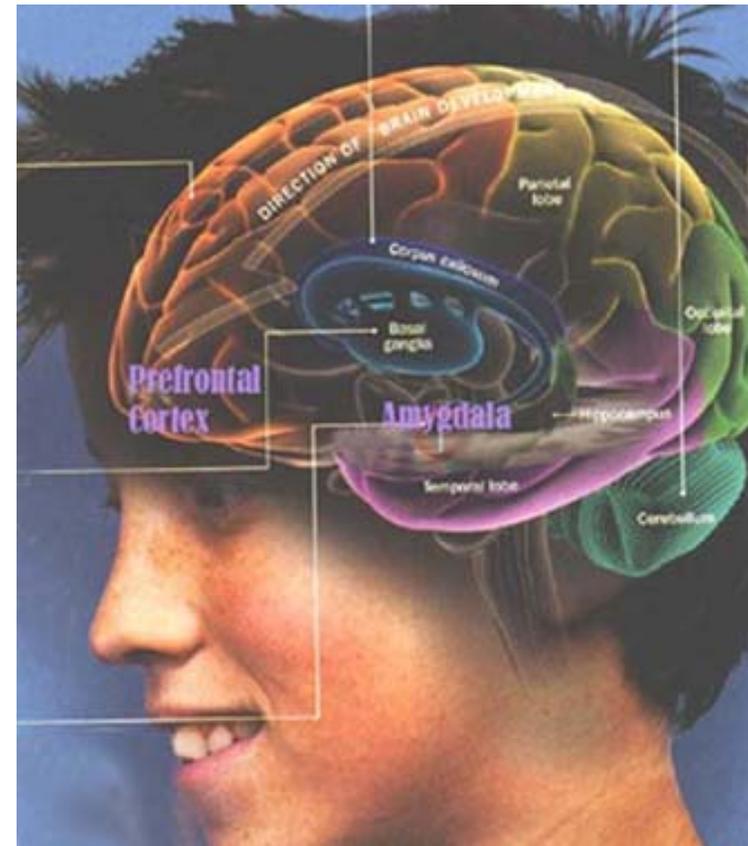
Why do our students hold false beliefs?



- ▶ Movies
- ▶ Internet
- ▶ Advertisements
- ▶ News media
- ▶ Political arguments
- ▶ What they hear all around them

The Teenage Brain

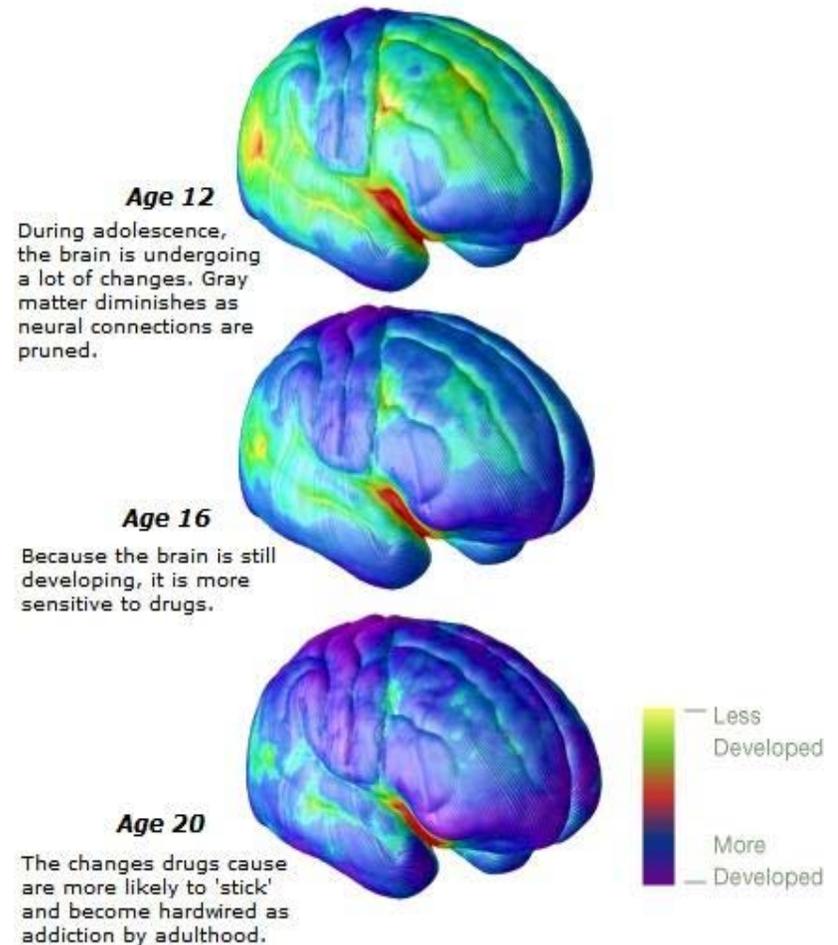
- ▶ Alcohol and other drugs interfere with forming connections in a teen's brain.
- ▶ These connections are intended to be formed ***without the presence of alcohol or other drugs.***
- ▶ A brain in transition from child to adult is more vulnerable to addiction.



The Teenage Brain

Front brain functions that develop during adolescence:

- ▶ Abstract thinking
- ▶ Higher-order logic and reasoning (moral dilemmas)
- ▶ Self Control (emotions, impulses)
- ▶ Future-oriented thinking
- ▶ Organization



The Teenage Brain

ALCOHOL, TOBACCO, AND OTHER DRUGS

- ▶ 90% of people who now have alcohol problems started drinking before age 18
- ▶ Tobacco use linked to teen depression
- ▶ Teens who use marijuana are:
 - ▶ 5 times more likely than adults to be unable to cut down
 - ▶ 2 times more likely than adults to suffer emotional problems
 - ▶ 7 times more likely than adults to suffer physical problems

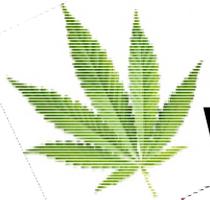


Current Concerns

- ▶ **Always alcohol**
- ▶ **Marijuana**
 - ▶ **Edibles**
- ▶ **Nicotine**
 - ▶ **E-cigarette**
 - ▶ **Chew and dip**
- ▶ **Prescription medicines**

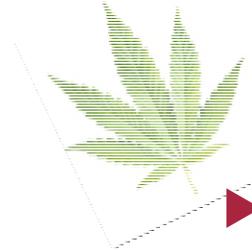


Marijuana



What's changing

- ▶ Legalization
- ▶ Medicinal
- ▶ Potency
- ▶ Edibles
- ▶ Perceived risk
- ▶ Availability



What's the same

- ▶ Addictive
- ▶ Adults vs. kids
- ▶ Learning and memory
- ▶ Motivation
- ▶ Maturity
- ▶ Legal issues for kids
- ▶ School discipline issue

What Parents Can Do



- ▶ Model healthy, appropriate attitudes and behaviors
- ▶ Set clear limits, expectations and consequences
- ▶ Know what is going on:
 - ▶ after school
 - ▶ on weekends
 - ▶ during breaks/vacations
 - ▶ When stress is high
- ▶ Get to know their friends

Parents

- ▶ **Educate yourself and each other about what may be available to teens**
- ▶ **Know if your teen is adhering to limits**
- ▶ **Know where teens are spending their allowance**
- ▶ **Work and communicate with other parents to help each other hold the line**



What Parents Can Do

- ▶ Eat together
- ▶ Talk with your teens about alcohol and other drugs
- ▶ Listen to your teens thoughts about alcohol and other drugs
- ▶ Continue to share your thoughts and concerns
- ▶ Spend the time you can with them





What Parents Can Do

Research shows that youths who **1)** perceive that their parents disapprove of substance use, and **2)** who report that their parents are involved in their day-to-day activities **are less likely than those who do not to use alcohol, tobacco or illicit drugs.**

- ▶ **Families, peers, schools, and communities are all key components in prevention.**

Take Away Points for Parents

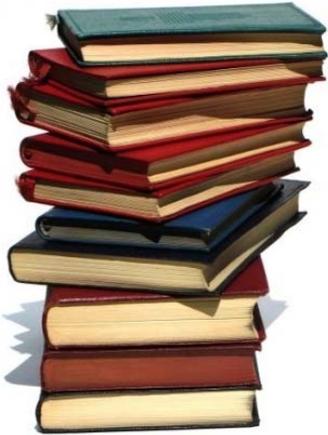
- ▶ **All student use equals risk**
- ▶ **Delayed use can prevent later problems**
- ▶ **The majority of students are making healthy choices most of the time**
- ▶ **Adult role modeling and expectations are vital to a healthy prevention climate**





Thank you!

schools@fcd.org



Resources

FCD Prevention Works

www.fcd.org



“FCD: Prevention Works”

National Institute on Drug Abuse

<http://www.nida.nih.gov>