

Transitions Resource List for Parents

Fort Collins High School Counseling Services:

- Jesse Morrill, Department Chair, 488-8103
- Linda Anson, 488-8108
- Mark Cummings, 488-8106
- Tanya Rivera-Vigil, 488-8104

Poudre School District:

- Melanie Vogeli-Morris, Student Assistance Coordinator, 566-2310

Community:

- TEAM Fort Collins, prevention and education
Scoot Crandall or Stacey Clark, 224-9931
www.teamfortcollins.org
- United Way 211
Call 211 for community resources as well as to check out volunteer, educational and special interest opportunities for your teen.

Websites:

- www.parentingteensresourcenetwork.org:
Parenting Teens Resource Network: This organization is a resource for a variety of parenting topics including addiction, adolescent health, family issues, gender identification, life skills, mental health, peer relationships, self-destructive behavior, sexuality, teens and the internet, and violent behavior.
- www.drugfree.org:
The Partnership for a Drug Free America: This organization unites parents, renowned scientists and communications professionals to help families raise healthy children. Best known for its research-based national public education programs, the Partnership motivates and helps equips parents to prevent their children from using drugs and alcohol, and to find help and treatment for family and friends in trouble. The website has a huge amount of information for both parents and teens.
- www.timetotalk.org:
Time To Talk's tagline is "The conversation starts here". This website aims to make talking to your kids about drugs and alcohol easier. Resources include tips, tools, and alerts.

Check List for those "Crucial Conversations"

- | | |
|--|---|
| <input type="checkbox"/> Peer Relationships | <input type="checkbox"/> Goal setting – short-term and long-term |
| <input type="checkbox"/> Sex | <input type="checkbox"/> Expectations: Attendance, Grades |
| <input type="checkbox"/> Drugs/alcohol/tobacco | <input type="checkbox"/> Internet and cell phones |
| <input type="checkbox"/> Time management | <input type="checkbox"/> The real norm ie. Everybody's NOT doing it |
| <input type="checkbox"/> Money management | <input type="checkbox"/> Expectations: Driving with peers |
- Expectations: Ways to use off hours, where to be during lunch

HOW TO BE A PREFRONTAL CORTEX

- Be strong and be there. Stand your ground when you know it is in the teen's best interest.
- Eat dinner together
- Let them sleep
- Give them safe thrills
- Insist on extracurricular activities
- Talk about the risk of drinking and drugs
- Let them work
- Watch their wallets
- Let them know your values
- Appeal to their vanity
- Respect privacy, know when to snoop
- Understand what matters to the adolescent

TIPS TO HELP KEEP A CLOSER EYE ON YOUR TEENAGER

Feel like you're losing touch with your teen? Here are six tips on how to keep a closer eye on your son or daughter.

1. Try to be in the house when he comes home in the evening. Make your child have a conversation with you before he goes to his room so you can look and smell for signs of alcohol or drug use.
2. If you're suspicious about your teens' activities, check with their friends' parents to find out what they know.
3. Let her know that you'll be spot-checking her for signs of drinking or marijuana use.
4. Be on the lookout for empty beer cans or bottles of alcohol that turn up in your trash. And if they do, make sure you question your teenager about them.
5. When your children tell you they're going to a party, find out where it is and make sure it's supervised. If it's not, don't allow them to go.
6. When they're at a party, have them phone in and talk to you briefly. This isn't foolproof, but it makes them think twice about getting drunk because they'll wonder if you can tell. They'll balk at the idea of calling, but you can make it a condition for going.

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5 WAYS TO SHOW YOU CARE

- 1. Reinforce your love -- say the words I love you*
- 2. Be careful not to criticize; describe a better way.*
- 3. Remember that children often reflect what they have or have not been taught.*
- 4. Teach the principles of "why," not just "what" to do or not to do.*
- 5. Listen to them, a lot. Avoid interrupting. Give them your undivided attention.*

Conversation Starters

Starting a conversation about alcohol, tobacco and other drugs with your kids is never easy -- but it's also not as difficult as you may think.

Your teens may be pressing for independence but the truth is they need to hear from you. Use blocks of time such as after dinner, before bedtime, before school or on the drive to or from school and extracurricular activities to talk about drugs and why they're harmful. Take advantage of everyday "teachable moments" and, in no time at all, you'll have developed an ongoing dialogue with your child. Teachable moments refer to using every day events in your life to point out things you'd like your child to know about.

Use the following "teachable moments" as a starting point, but develop others based on your own life:

- Point out alcohol, tobacco, and drug-related situations going on in your own neighborhood. If you and your child are at the park and see a group of kids drinking or smoking, use the moment to talk about the negative effects of alcohol and tobacco.
- Use newspaper headlines or TV news stories as a conversation starter. The daily news is filled with stories that detail the consequences of alcohol and drug abuse. Talk to your child about the mother who used drugs and was arrested. Who will take care of her baby now? Did she make a good decision when she used drugs?

Watch TV with your kids, and ask them what they think. Do the shows and advertising make drug use look acceptable and routine? Or do they show its downside? How did that program make your child feel about drugs? Write a letter with your child to companies or TV networks about the messages they put out about drugs. Also remember that anti-drug advertising — such as that from the Partnership for a Drug-Free America — is a great kickoff to discussion.

Age Appropriate Advice: Grades 9-12

Talking and making choices about Alcohol, Tobacco, and other drug use are nothing new to teens. Today's teens are savvy about drug use, making distinctions not only among different drugs and their effects, but also among trial, occasional use, and addiction. They witness many of their peers using drugs — some without obvious or immediate consequences, others whose drug use gets out of control. By now, your teen has had to make tough decisions about whether he would give in to peer pressure and experiment with drugs or go against some peers and stay clean.

All of these experiences — along with messages from you, teachers, friends, the media, and entertainment sources — have guided your teen toward his or her current attitude about drugs. By age 16, kids' exposure to drugs and their attitudes toward the messages they receive from their parents are fairly firm — but this doesn't mean you should stop talking to your teen about alcohol, tobacco and other drugs. By keeping the conversation going, you'll help your teen enter his adult years healthy and ready to raise the next generation of drug-free kids.

A few tips for you and your teen:

Give general messages about drug use the heave-ho — your older teen needs to hear detailed and reality-driven messages. Topics you might want to talk about with your teen include: that even trying a drug or using it occasionally can have serious permanent consequences, that anyone can become a chronic user or an addict, and the potentially deadly effects of combining drugs.

- **Emphasize what drug use can do to your teen's future.** Teens look ahead and think about their future. Discuss how drug use can ruin your teen's chance of getting into the college she's been dreaming about, landing the job she's perfect for, or joining the military and following in her father's footsteps.
- **Encourage your teen to volunteer somewhere they can see the impact drug use has on your community.** Teenagers tend to be idealistic and enjoy hearing about ways they can help make the world a better place. Help your teen research volunteer opportunities at local homeless shelters, hospitals, or victim services centers.
- **Use news reports as discussion openers.** If you see a news story about an alcohol-related car accident, talk to your teen about all the victims that an accident leaves in its wake. If the story is about drugs in your community, talk about the ways your community has changed as drug use has grown.
- **Compliment and encourage your teen for the all the things he does well and for the positive choices he makes.** Let him know that he is seen and appreciated. And let him know how you appreciate what a good role model he is for his younger brother or sister, or for other kids in the community. Teens still care what their parents think. Let him know how deeply disappointed you would be if he started using drugs.

What drugs are in the teen's world.

Tobacco, Alcohol, Marijuana, Ritalin & other prescription drugs, Inhalants, Ecstasy, Cocaine/Crack, Meth, LSD, Mushrooms, GHB, Heroin, Rohypnol, Ketamine .

When Drugs Lead to Dishonesty: Top 10 Ways Teens Trick Their Parents

Believe it or not, teens are pretty good at tricking their parents. How do they do this? We asked real teens to share their secrets. If anyone knows the tricks of the trade of being a teen, it would be teens themselves. Read on, parents, there's a lot to learn.

- 1. When the Cat is Away...:** A teen insists on going to a friend's house for the night when the parents are going out for the evening. When the parents are gone, the teen then returns to the unsupervised house with a group of friends. (This happens most often on holidays, anniversaries and other special occasions.)
- 2. The Cameo Appearance:** When attending a school dance, the teen is allowed to leave the dance at any point in the evening. Many couples take their pictures at the dance to prove that they attended it and then go to an empty house or secluded area to party. (Setting an early curfew on a problem teen will, therefore, not prevent problem behavior.)
- 3. Wide Open Spaces:** Community festivals are not highly patrolled activities, and teens can leave the premises at any time to use substances in nearby woods, parking lots, or behind nearby buildings. They can also be taken to parties by older students who can drive. (It might sound strange for older students to take an interest in younger teens, but it does happen frequently.)
- 4. After-School Freedom:** After school when many parents are still at work, teens can congregate at the empty house and do as they please. (Problem behavior is not limited to the weekends only!)
- 5. The Deserted Forest:** When walking to a nearby friend's house, teens can meet in deserted secluded areas (such as woods) and use substances or engage in sexual behavior. (This can take place in broad daylight especially when the teen has no dependable transportation.)
- 6. School Functions Gone Wrong:** At school functions (such as school games or meets) or just when staying after school, teens can easily sneak away to go use substances in the unsupervised, secluded areas.
- 7. Sleep-Over Sneak Outs:** Although the parents may be home at a sleep-over, teens can sneak out of the house late at night and either walk somewhere or be picked up in a car down the street.
- 8. Turning Water into Wine:** An adolescent can steal alcohol from his parent's liquor supply and then, if necessary, the teen can make up the difference in the bottle's volume by adding water.
- 9. Not Your Usual Math Homework:** Although many parents are pleased when their teen goes to a friend's house to do homework, this might not actually be what the teen will be doing. (This is one of the most frequently used lies used by teens to get out of their confines of supervised homes.)
- 10. A Change of Plans:** Teens can say that they are going to a house to spend the night and then "change plans" at the last minute allowing the parents no time to check up on them.

Many of these may seem rather strange and ridiculous, but when a child is addicted to drugs or wishes to engage in risky behavior, he/she will do anything to continue his abuse including lying, stealing and plotting.

PARENTS: DO NOT UNDERESTIMATE THE ABILITIES OF YOUR TEENAGER.