

Parent/Caregiver Guidance

<p>Give very clear messages that substance use is not allowed in your family.</p>	<ul style="list-style-type: none"> • You do not have my (our) permission to use alcohol, nicotine, marijuana or other drugs. • Set house rules that substances are NOT allowed in the house. • Be clear that your concerns are about health, wellness and optimal growth and development. • Treat all substance use as a single decision because we know that kids who use alcohol are much more likely to also use marijuana, nicotine, opioids and other drugs. • Avoid ambiguous statements, such as, “Be smart” or “Don’t get into trouble” because this is often interpreted as permission to use “cautiously” (which does not exist in adolescence!).
<p>Everyone in the house lives by house rules, regardless of age</p>	<ul style="list-style-type: none"> • “No drugs in the house” applies to everyone who lives in the house, regardless of age. • Parents set the rules. As long as you are providing anything to your adult child (car insurance, phone service, clothing, etc), you have something to leverage towards better behavioral choices. If that doesn’t succeed, you can always move towards a cohabitation arrangement where you start to ask for financial contributions towards room & board (not market rates, but an amount that would be realistic for your child to pay)
<p>Friends who use</p>	<ul style="list-style-type: none"> • If your child has friends who use substances be clear that your child may spend time with that person, but only if they can do so without using themselves. • If you are drug testing your child, you can let him/her know ahead of time that they will have to give a test sample following their time with their friends.

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<p>Going out</p>	<ul style="list-style-type: none"> • Avoid teenage drinking parties because there is no way to keep teens safe in this setting, even if keys are taken away. • If your child asks permission to go to an event (such as a concert or sporting event), be clear that they may go IF they can assure you they will not use alcohol, nicotine, marijuana or other drugs. • If you are drug testing your child, you can let him/her know ahead of time that they will have to give a test sample following their time at the event.
<p>Privacy</p>	<ul style="list-style-type: none"> • Allow your teen privacy unless you notice signs of a problem. • Avoid reading a child’s personal journal or diary unless invited. • Consider regular room and backpack checks; invite your child to watch (to confirm that you will not be violating personal space) • If you believe your teen may have a serious drug problem, consider monitoring text messages and social media, particularly for younger teens.
<p>Discovering that a child has used substances</p>	<ul style="list-style-type: none"> • Tell your child that you discovered drugs and be specific, “I found a vape in your pants pocket when I was doing the laundry.” • Be clear that your child does not have your permission to use substances. • Ask your child to quit. • Suspend a privilege for a short period of time; explain exactly what the consequence is and when the privilege will be restored. • Monitor your child closely to ensure that the behavior stops. • If you find signs of ongoing use, contact your pediatrician’s office for guidance.

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