



Parenting: Making Good Choices

Outreach & Engagement

Outreach & Engagement

✓Free Services for All Ages

- Case Management.
- Workshops.
- Support Groups.
- Referral & Linkage.

✓Services are available for all who live in Orange County

WYS CLINIC

✓Therapy

- Up to the age of 21
- Medical



Purpose of the Workshop


Objectives:

- Why kids make unhealthy choices
- What you can do to pave the way for good choices



Reasons Teens Make Risky Choices

- They're hard-wired to take risks
- Trying to bond with others
- Boredom
- Peer pressure
- Trying to feel better



WYS <http://drugabuse.com/11-real-reasons-teenagers-experiment-drugs/>

Family Risk Factors

Characteristics that are associated with a higher likelihood of negative outcomes.




- Supervision issues
- Ineffective Communication
- Unclear Rules
- Mismanaged Conflicts

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Family Protective Factors

Characteristics that reduce a risk factor's impact (positive countering event).



- Family support and bond
- Clear rules and beliefs
- Effective communication
- Participate in enriching activities

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Increasing Protective Factors



1. Provide a good example
2. Create clear beliefs and rules
3. Guide them on decision-making
4. Manage family conflicts
5. Strengthen family bonds
6. Increase your knowledge

WYS of Oregon

Set a Good Example



- Model desired behavior
- Don't glamorize substance use
- Resist pressure to conform outside of your values

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Create Clear Beliefs and Rules



- Values and beliefs
- Expectations
- Making rules
- Rewards and Consequences

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Discussion


What is a rule/value/belief in your family and how do you communicate that to your kids?

What consequences do you use when your kids break the rules?

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Guide decision-making

- Teach refusal skills
- Role-play situations
- Give them a way out



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Manage Family Conflicts



- Calming down
- Communicating
- Finding solutions
- Resolving it

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"I Statements"

1. **Name** – say the person's name
2. **Say how you feel** - I feel (angry, sad, hurt, upset)
3. **Say why without blame** - when I am not heard because it didn't feel like my opinion counted.
4. **Say what you want** – Please take my opinions into consideration.



Strengthen Relationships

Increased parental involvement and participation lowers chances of risky behaviors

Quality Time Together

- Sports.
- Telling Jokes. Laughing.
- Movies.
- Board games.
- Volunteer.
- Eat together.
- Go on a trip together.



Increase Your Knowledge




- Substance use
- Internet safety
- Teen development
- Get to know your child's friends




Increase Your Knowledge

Substance Use

15-year-old male
non drinker



15-year-old male
heavy drinker



Brain activity while performing a memory task.
Heavy drinkers do better during this task.


- 70% of all high school seniors have admitted to drinking alcohol
- Marijuana is addictive and is a gateway drug for most teens
- Prescription medications-access is easy for many teens

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Increase Your Knowledge

Ask your kids open-ended questions

- Who will be there? Will parents/teachers be there too?
- What is your new friend like?
- What did you do after school today?
- Are drugs and alcohol a big thing at school?



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Discussion

Role-play the following scenario with a partner:

Your child is asking to go to a party tonight with friends from school. What kinds of questions would you ask, or commitments do you want your teen to make before you make a decision?

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Conclusion

1. What did you learn today?
2. What challenged you today?
3. What skills will you implement from here forward?



References

- www.raisinghealthyteens.org
- www.drugfree.org
- www.211oc.org
- www.ochealthinfo.com
- <https://bertfulks.com/2017/02/23/x-plan-giving-your-kids-a-way-out-xplan/>