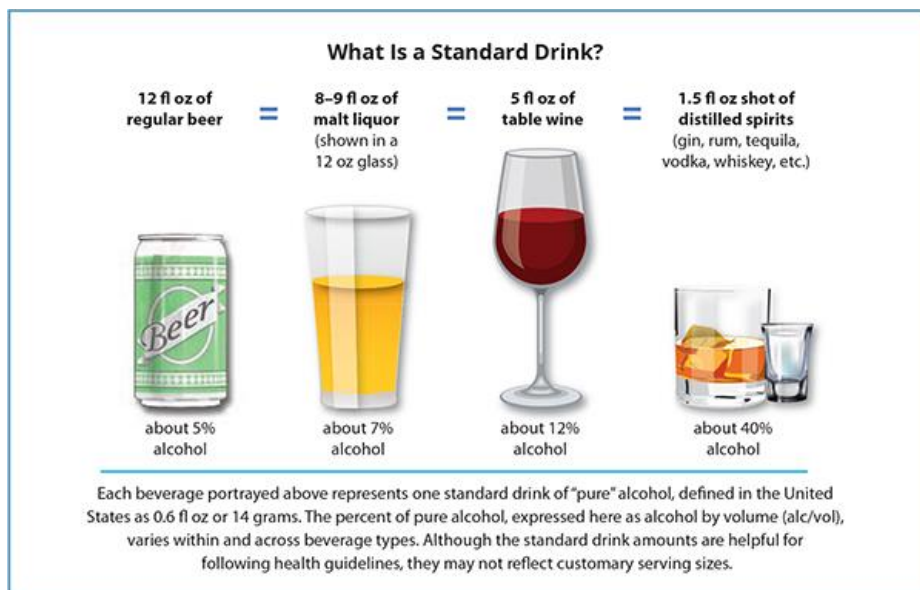


## Parents: Our Greatest Prevention Partner

Parents play a major role in preventing youth substance abuse. Parents have the power to make or break all of our prevention efforts, by undermining our message or modeling poor behaviors. At the National Prevention Network Conference in Boston, Jason Kilmer from the University of Washington and Amaura Kemmerer from Northeastern University presented information on the key things parents need to know about preventing youth substance abuse.

- Only a portion of youth are using drugs: A study conducted in 2018, estimated that 16.6% of 12<sup>th</sup> graders reported binge drinking in the past two weeks and 22.9% of 12 graders used marijuana in the past 30 days.
- Students have the perception that everyone is using drugs, but that is not the case.
- Drinking alcohol does not make shy people more social.
- Standard drinks vary by the type of drink (see image)
- Parents need to continue to emphasize the importance of not driving while under the influence. A BAC of .08% takes 5 hours to return to 0 and a BAC of .16% takes 10 hours to return to 0. Water and food do not help people “sober up”.
- There is significant research that supports the negative correlation between substance abuse and academic success. Students who use substances are more likely to experience academic failure or drop out of school. Marijuana use is associated with lower GPA and frequent truancies.
- Parental monitoring is associated with less alcohol use in youth.
- Pre-college youth who talk to their parents about drinking are less likely to drink in college



It is important to continue to engage parents in prevention activities and build relationships between schools and parents. By providing resources and educational opportunities for parents we can help them start difficult conversations with their child.

### Resources for Parents:

<https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/talking-to-your-kids-communicating-risks>

<https://blog.samhsa.gov/2016/11/15/having-a-conversation-about-drugs-and-alcohol>

<https://drugfree.org/article/prevention-tips-for-every-age/>