

November, 2014

# CCT NEWSLETTER

Monthly theme: *Addictions prevention*

## Upcoming Events

Nov. 7: Random Acts of  
Kindness Day  
[www.rakdaymh.com](http://www.rakdaymh.com)

Look for our CCT  
display at Parent-  
Teacher interviews as  
we do our best to get to  
each school!

## Could your kids be at risk for substance abuse?

Families strive to find the best ways to raise their children to live happy, healthy and productive lives. Parents are often concerned about whether their children will start or are already using drugs such as tobacco, alcohol, marijuana, and others, including the abuse of prescription drugs. Research supported by the National Institute on Drug Abuse (NIDA) has shown the important role that parents play in preventing their children from starting to use drugs.

These five questions, developed by the Child and Family Center at the University of Oregon, highlight parenting skills that are important in preventing the initiation and progression of drug use among youth. For each question, a video clip shows positive and negative examples of the skill and additional videos and information are provided to help you practice positive parenting skills.

### Questions:

Are you able to communicate calmly and clearly with your teenager regarding relationship problems?

Do you encourage positive behaviors in your teenager on a daily basis?

Are you able to negotiate emotional conflicts with your teenager and work toward a solution?

Are you able to calmly set limits when your teenager is defiant or disrespectful? Are you able to set limits on more serious problem behavior such as drug use, if or when it occurs?

Do you monitor your teenager to assure that s/he does not spend too much unsupervised time with peers?

From: <http://www.drugabuse.gov/family-checkup>

# Could your kids be at risk?

## Continued...

If you answered “no” to one or more of the previous questions, it may be helpful for you to read the following article which outlines tips and suggestions for improving communication, encouragement, negotiation, setting limits, and supervision with your child as well as further tips on getting to know your child’s friends.

<http://www.drugabuse.gov/family-checkup>

If your children have not yet hit their teen years, you have a perfect opportunity to begin building resiliency and act to prevent future problems. Sometimes, though, it’s difficult to know what to say and how to make it age-appropriate for your child. A great resource for parents on how to model healthy attitudes and how to talk about this sometimes sensitive subject can be found here:

<http://www.drugfree.org/the-parent-toolkit/age-by-age-advice>

This website offers various videos and helpful scripts to provide adults with a language that will help their child (starting as young as 2 years old) understand how to care for their bodies and make healthy choices for themselves.

Another good resource for parents can be found here:

<http://www.rcmp-grc.gc.ca/docas-ssdco/guide-kid-enf/kids-enfants-enf-kid-eng.pdf>

All of these resources can be found on our CCT website (along with other great info and fun links!). Check it out on a regular basis for new information:

[www.communitycomingtogether.weebly.com](http://www.communitycomingtogether.weebly.com)

