



ELEMENTARY
SCHOOL

THE 3 MOST DANGEROUS
WORDS A PARENT CAN SAY IS

“**NOT MY CHILD**”

How to talk to your kids about the
dangers of alcohol and drugs



Toolkit Provided by the Trumbull County ASAP
Coalition in Partnership with Prevention Resources

Kids whose parents talk to them about not using alcohol, marijuana, and other drugs are up to **50% less likely to use than those who don't.¹**

It's never too early and it's never too late to start the discussion.

As a parent, there are going to be times when you need help discussing issues both big and small. That's why we created this parent toolkit with facts, talking points, and helpful tips on how to talk to your kids about the dangers of alcohol and drugs.

You are the most important person in your children's lives. The more you talk to them about not using alcohol and other drugs, the more you can influence and encourage them to make healthy choices that will help them succeed in life.

Early, ongoing, honest conversations and close supervision are the best ways that parents can help to prevent their child from using drugs or alcohol or developing an addiction later in life.



Research shows that parents should have substance-related conversations with kids beginning in 3rd grade. Scan the QR Code for more information about talking to your kids about drugs.





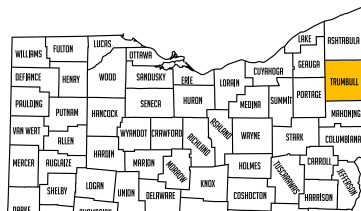
FACTS ABOUT ALCOHOL

Alcohol is the most widely used substance among America's youth and can cause enormous health and safety risks.

ALCOHOL IS STILL A DRUG

Alcohol is a powerful drug that slows down the mind and body. It impairs coordination, slows reaction time, and impairs vision, clear thinking, and judgment.

Research shows that people who start drinking **before the age of 15** are at a higher risk for developing Alcohol Use Disorder (AUD) later in life.²



Home is the #1 Place Youth Use Substances in Trumbull County³



TALKING ABOUT ALCOHOL

- ✓ Instead of waiting for the “right” moment, bring up the topic of alcohol anytime. For example, if you’re watching TV and you see an ad for alcohol, you can ask your child if they know how drinking alcohol affects the body. Keep the info simple: Alcohol slows down the body and mind. It makes it hard to know things like when water is too deep or a car comes too close.
- ✓ If your child asks why it’s OK for grownups to drink but not kids, explain that drinking can damage a growing body. Alcohol is a grown up drink and people aren’t allowed to drink alcohol until they turn 21.
- ✓ Alcohol hurts your brain and can make you sick. It can hurt learning new sports, school lessons, music or other things you like to do.
- ✓ Don’t talk about drinking as a way to manage stress—for example, don’t say, “Today was terrible. I need a drink!” Instead, model healthier ways to manage stress, like exercising or talking things over with your partner.





FACTS ABOUT VAPING

A NEW GENERATION OF SMOKERS

Vape devices come in many shapes, sizes, colors and can even look like pens, watches or every day items. Visit this website to stay up to date on vape devices.



The average age of first e-cigarette use for Trumbull County 6th graders is

10 years old⁶.



99%

of all vape devices contain nicotine, even ones marketed as "nicotine free".⁷

EFFECTS OF VAPING NICOTINE

Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells.

Nicotine changes the way synapses are formed.

Making it harder to learn...

- New sports plays
- New sheet music
- Important test questions or anything new!



Nicotine is the most addictive of all drugs, which makes vaping nicotine deceptively dangerous.

WHAT'S IN A VAPE?

- ✓ **Diacetyl** is the chemical associated with the disease “popcorn lung.”
- ✓ **Addictive Drugs** such as **Nicotine** and **THC**.
- ✓ **Formaldehyde**
- ✓ **Heavy Metals** such as **Lead** and **Nickel**.



SIGNS YOUR CHILD MAY BE VAPING

- ✓ A faint scent of flavoring in your house that you can't locate or identify;
- ✓ An increase in your child's thirst level;
- ✓ A rise in the number and frequency of nosebleeds your child experiences; and
- ✓ A decrease in your child's caffeine consumption.

TALKING ABOUT VAPING

- ✓ Explain that nicotine is a chemical that goes into your body and tells your brain that you need it. It makes you lose your sense of control. Explain that vaping messes with the brain like it's a traffic signal, keeping your brain's stoplight stuck on green. It's telling your body go, go, go or more, more, more.
- ✓ Talk about the only good thing to breathe into your lungs is air.
- ✓ E-cigarettes (vapes) are being marketed to kids through their fun colors and candy and dessert flavors, even though they are really bad for you.



FACTS ABOUT MARIJUANA



A NEW LEVEL OF THC

Modern cannabis plants contain higher amounts of tetrahydrocannabinol (THC), the main psychoactive compound in the plant that gives users the sensation of feeling “high”.

The higher the THC content, the stronger the effects on your brain and behavior.



Smoking

Such as joints, blunts and bongs.

15-20% THC



Edibles

Made with marijuana leaves or high potency cannabis extracts.

50-90% THC



Vaping

This includes synthetic marijuana. Using vaporizing devices.

Up to 95% THC



Concentrates

Products that have been extracted from the plant. Includes products such as dabs, wax & shatter.

55-95% THC



Today, cannabis is much stronger than in past decades making it a whole new drug with new concerns for youth.

MARIJUANA TALKING POINTS

- ✓ Marijuana damages the growing brain.
- ✓ Marijuana products may look like candy or baked goods.
If you don't know what it is, don't eat it.

**These products all
contain THC!
Can you tell
the difference?**



**The average number of ER visits
from cannabis use in children
younger than 11 more than
tripled in 2022.⁹**



SAFE STORAGE OF MARIJUANA



A medicine lock box can be installed in a cabinet or drawer. Lockable medical bags are fire, smell, and rip-proof, and offer protection for medications or cannabis.



If you are concerned your child has consumed cannabis, call Poison Control at 800-222-1222.



FACTS ABOUT MEDICATIONS



SAFE MEDICINE PRACTICES

Know Your Labels

The Drug Facts label is on all medicine and it's important to know the active ingredients, side effects and what the correct dose is for children and adults.



1 Active Ingredients

2 Uses

3 Warnings

4 Directions

5 Other Information

Use Proper Dosing Tools

When the proper dose is not followed, medicines may not work the way they are meant to or may result in an overdose.



TIPS FOR SAFE DOSING

Know the Correct Dose

Use the Right Amount

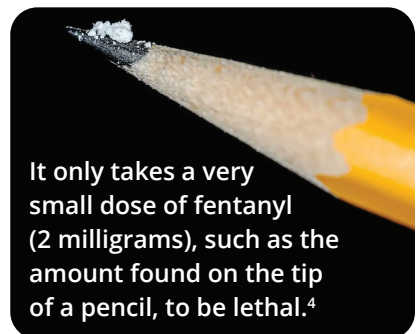
Use the Measurement Tool

Give at the Right Time



THE DANGERS OF FENTANYL

Illegal drug dealers use pill presses to create fake/counterfeit pills that look like real medication. Fentanyl has become so common that even a pill from a trusted friend may not be safe. Youth may buy a pill online not knowing it's a fake. It Only Takes One Pill to Kill.



It only takes a very small dose of fentanyl (2 milligrams), such as the amount found on the tip of a pencil, to be lethal.⁴



Real Adderall



Fake Adderall



Real Xanax



Fake Xanax

Medicine misuse means taking a medication (either prescribed or over the counter) in a manner or dose other than directed; taking someone else's prescription, even if for a legitimate medical complaint; or taking a medication to get high.

MEDICINE TALKING POINTS

- ✓ Medicine is only good for someone when they take the right medicine, for the right reason, at the right time, in the right amount.
- ✓ Only take medications and vitamins from a trusted adult.
- ✓ Never share medicine with friends.

About 165 kids - or roughly four school busloads of children - are seen in emergency rooms for medication-related treatment every day in the U.S.⁵



A medicine lock box can be installed in a cabinet or drawer. Lockable medical bags are fire, smell, and ripproof, and offer protection for medications or cannabis. Contact the Trumbull County Combined Health District for locking prescription vials at (330) 675-7818.

ACCESSING PROPER DISPOSAL

Unused or expired prescription medications are a public safety issue, leading to accidental poisoning, overdose, and misuse.

Unused prescription medications thrown in the trash can be retrieved and misused or illegally sold. Unused medications that are flushed contaminate the water supply. Proper disposal of unused drugs saves lives and protects the environment.



You can bring any unused or expired medications to a local Rx Drop Box. Scan this QR code to access all DEA Drop Box locations. Detera Drug Deactivation & Disposal Pouches provide safe, convenient and permanent disposal of unused, expired or unwanted medications at home. You can get Detera pouches for free at the Trumbull County Mental Health and Recovery Board, Warren City Health Department, Trumbull County Combined Health District and most public libraries in Trumbull County.





SOCIAL MEDIA & DRUGS

Although age 13 is the required minimum age used by social media platforms in the U.S., nearly 40% of children ages 8-12 use social media.¹¹



ONE STOP SHOPPING

Drug traffickers have turned smartphones into a one-stop shop to market, sell, buy, and deliver deadly, fake prescription pills and other dangerous drugs. Agents at the DEA have warned that drug traffickers are using social media to advertise drugs and conduct sales. If you have a smartphone and a social media account, then a drug trafficker can find you. This also means they are finding your kids who have social media accounts.

Drug traffickers advertise on social media platforms like Facebook, Instagram, Snapchat, TikTok, and YouTube.



Posts and stories are often accompanied by known code words and emojis that are used to market and sell illicit and deadly drugs on social media.



For more information on emoji's scan this QR Code:



Prospective buyers contact drug traffickers on social media apps in response to their advertisements – either using direct messaging (DM) or by commenting on a post.

Once contact is made, drug traffickers and potential buyers often move to an encrypted communications app like WhatsApp, Signal, and Telegram.

After a deal is made, drug traffickers request payment using one-click apps like Venmo, Zelle, Cash App, and Remitly.





MENTAL HEALTH

Substance use and mental health disorders commonly co-occur.



CO-OCCURRING DISORDER

Substance use disorders often occur in individuals with mental illness, usually to cope with overwhelming symptoms. The combination of these two illnesses has its own term: dual diagnosis, or co-occurring disorders.

As children continue to grow up building positive coping skills is important in dealing with mental health struggles, so they do not cope by using substances.

30%
of Trumbull County
6TH GRADERS
report having thoughts
of suicide¹⁰



WHAT TO LOOK FOR

Signs to look for in young children

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

Questions to ask the Doctor

- What type of mental health problem might my child have?
- How do you treat this type of problem?
- Will counseling or psychotherapy help?
- Are there medicines that could help?
- How long will treatment take?
- What can I do at home to help them?



HEALTHY COPING SKILLS



Physical Activity



Therapy



Drawing



Music



Spend time
with friends



Eat well



Avoid Social
Media



Get Outside

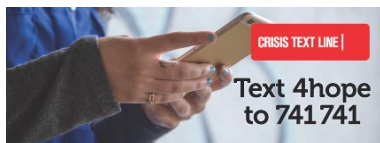


MAKING RESOURCES ACCESSIBLE

If you are concerned about your child's mental health or substance use, here are a few resources.



Help Network is a 24/7 comprehensive crisis intervention, community information, referral center. When you scan the QR code, you can visit their online directory and find local organizations that help with things like basic needs, health care, or mental health and substance use services.



Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need. Text the keyword "4hope" to 741741 to be connected to a Crisis Counselor.



988 is the easy to remember three-digit dialing code connecting people to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline), where support from trained crisis counselors is available 24/7 nationwide for anyone experiencing a mental health or substance use crisis or any other emotional distress.

Know! is an educational program created by Prevention Action Alliance that empowers parents and teachers to promote health and wellness and protect the young people in their lives from unhealthy behaviors, including alcohol, tobacco, and other drug use. Scan this QR Code to sign up for Know! Prevention Tips.





The Trumbull County Mental Health and Recovery Board plans, funds, monitors, and evaluates mental health and substance use services in Trumbull County. The Board ensures that there is a safety net of services available for all residents. A list of Board contracted agencies can be found on their website.

ABOUT ASAP

ASAP is a community project of the Trumbull County Mental Health and Recovery Board. The coalition engages in strategic partnerships to solve our community's substance abuse problems. The coalition meets monthly and focuses on providing community education, and leading community wide change. Follow the Alliance for Substance Abuse Prevention (ASAP) on Facebook and Instagram.



ABOUT PREVENTION RESOURCES

Prevention Resources, Inc. is a 501c3 not for profit agency with a 50-year history as a critical community resource, headquartered in Hunterdon County, NJ, with service to Hunterdon, Somerset, Mercer, and Monmouth Counties.

GLOSSARY

Addiction: A treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. It often entails the inability to stop something that may be harmful and the need or craving to continue to do that activity or use the substance.

Cannabis: another name for marijuana, the word "cannabis" refers to all products derived from the plant *Cannabis sativa*. In OH, cannabis are the THC products that are legally sold and used in the state. These products are for legal use by people 21 and older and are sold in state approved dispensaries.

Dabs: are a type of marijuana concentrate that has extremely high THC potency and are produced using Butane Hash Oil (BHO) to concentrate the active ingredients in cannabis. They can contain levels of THC up to 80%.

Marijuana: can also be called cannabis, weed, pot, or dope, refers to the dried flowers, leaves, stems, and seeds of the cannabis plant. It contains compounds including tetrahydrocannabinol (THC) which are known to cause psychoactive (mind-altering) effects.

Nicotine: is a highly addictive chemical compound present in a tobacco plant. All tobacco products contain nicotine, such as cigarettes, cigars, smokeless tobacco, hookah tobacco, and most e-cigarettes. Over the counter medication (OTC): Medication available without a prescription at drug stores, chain stores and supermarkets. It is up to the user (adult) to determine appropriate dosage and timing based on reading instructions.

Prescription medication (Rx): Medicine prescribed by a licensed physician to a patient that is filled at a licensed pharmacy. The medication, dosage, and usage are all determined by a doctor based on the patient and their illness, allergies, medical history, etc.

Shatter: A dab that is a glassy, solid concentrate with an amber or honey color, as the name implies, it looks like amber glass, is brittle, and shatters easily.

THC: Delta-9-tetrahydrocannabinol is the main psychoactive (mind-altering) chemical in marijuana, responsible for most of the intoxicating effects that result from using cannabis or marijuana.

Vaping: is the inhaling of a vapor created by an electronic cigarette (e-cigarette, vape, etc).

Wax: A yellowish, semi-solid substance (dab) with the consistency of wax, some users consider this "real dabs" as the wax is "dabbed" onto the user's equipment. Wax is usually stored in a shallow jar or a small container with a wide lid.

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TrumbullMHRB.org

