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## PREVENTING TEEN MARIJUANA USE PARENTS INFLUENCERS SHARE INSIGHTS

Raising substance-free kids in an era of legalization is one of the biggest challenges of parenting today. Fortunately, parents are the top influencers in their child's life. As cannabis shops open locally, it's a good year to make sure you and your teen are connecting and talking about the risks of underage marijuana use and your expectations as a family. Staying plugged in with your teen on this topic will have benefits both short and long term. Small things can make an impact in preventing use. Talking with your teen as they navigate their situations. Knowing their friends' parents. Asking questions to have them educate you on a topic can be insightful. It normalizes talking about difficult topics such as underage substance use. Listen carefully. Be nonjudgmental if they named peers who use a substance, while asking what they know about the behavior choice. If you state the facts and risk, and stay positive, teens know they can come to you with questions. Kids who have an awareness of the risks associated with marijuana use and their family's expectations are less likely to use. Keep the conversation going with your teens, it's worth it! Here are a few more tips:

1. **A parent influencer stays involved in their life.** Adults influence kids by modeling healthy coping, being responsible, openly communicating and acknowledging mistakes. Teens with good relationships with caring adults are more inclined to share their values, and less likely to go against their wishes. Whether reviewing rules and laws of the road and local ordinances, how to present your best self at a job interview, or practicing for an exam, plugged in = hugged in.
2. **Share risks from credible sources & set family rules together so they know how to decide right from wrong.** Set high expectations and clear limits that no underage use is allowed.

### RESOURCES FOR YOU

- Surgeon General
- Food & Drug Administration
- National Institute on Drug Abuse
- The Power of Choice
- Campaign for Tobacco-Free Kids
- Centers for Disease Control and Prevention
- The Center for Tobacco Policy and Organization

### IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

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### FUNDING

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.





**WE'RE ALL IN THIS TOGETHER—ENDLESS POSSIBILITIES**



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**82% of our students choose to be alcohol-free (past 30-day use rate)**

Source: 2018 Illinois Youth Survey District 203 & District 204 high school students. Survey and data analysis provided by CRPD at the University of Illinois.

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 & 204 parents. For more resources visit: [thepowerofchoice.info](http://thepowerofchoice.info)

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**CLICK!**

**WHAT IS THE POWER OF CHOICE?**

The Power of Choice is a substance use prevention communication campaign supporting students, parents and schools, focused on building resiliency and providing education to increase the number of students making healthy choices regarding substance use.

The Power of Choice is a collaborative project led by 360 Youth Services in District 203 and 204 middle schools and high schools.



Students surveyed voted for this dog meme as their favorite image! Look for 5 dog images during the school year. 2020-2021 theme: We're All in This Together! Locally, 89% of our students choose to be marijuana-free (past 30-day use rate). Source: 2018 Illinois Youth Survey District 203 & 204 High Schools Report, N=11,127 District 203 & 204 high school students. Survey and data analysis provided by CRPD at the University of Illinois.

  Connect with us on social media to enhance parenting for prevention!

**PREVENTION TIPS**

**Talk with your teen about being aware of their surrounding at parties, not leaving their drinks unattended or eat snacks or baked goods when the source is not known and trusted.** Bring your own snacks!

**Have teens read the local laws on underage marijuana use.** In Illinois, no marijuana purchase, use or vehicular transportation is allowable under age 21. Read the [2020 Guidelines for Hosting Parties and the Laws](#) for all the details.

**Good news: most teens are not using.** If you suspect experimentation or use, check-in. Use can be an indicator of an underlying problem.



Most teenagers find their own healthy ways of coping. Some, without being aware of it, may use alcohol, marijuana or other substances to get some relief from internal turmoil. Parents can help teens connect with resources to gain balance in difficult times, deal with trauma, or find support for mental health concerns. Resources at [www.thepowerofchoice.info](http://www.thepowerofchoice.info)