



Pathway to Prevention

Educating Parents about Prevention of Teen Drug & Alcohol Abuse



July 2015

Teen drug/alcohol use and those important parental conversations - what can we learn from the California Healthy Kids Survey?

One major goal of Pathway to Prevention is to stop teen drinking and drug use before it starts by educating, arming and empowering parents with evidence-based information about today's teen drug scene. Substantial evidence from the National Institute on Drug Abuse shows that educating parents about teen drug and alcohol use and abuse - and giving them information and tools so they can talk with their kids - can dramatically reduce their children's "experimentation" with drugs or alcohol.

So are parents having those potentially life-saving conversations with their teens? Unfortunately, local data from the [California Healthy Kids Survey](#) paints a disturbing picture: Across the Sacramento region, about 50% of 11th graders have NOT had a single conversation with their parents about drugs and alcohol in the prior 12-month period.

The same survey reveals equally distressing statistics about high drug and alcohol use across the region. As an example, consider the scores from one local school district, whose scores were typical of the region:

- Seventeen percent (17%) of 11th graders thought

Assets of the Month

Let's get social! Check out [our Facebook page](#) for breaking news articles, tools and resources, quick links to valuable resources and more. "Like" our articles, "Share" our information, join the digital conversation. Let's work together to create an informed and safe community.

And take a look at *Collision Course - Teen Addiction Epidemic* on YouTube. The [26-minute Emmy-winning documentary](#) and the [nine-minute trailer](#) pack a powerful punch to include in your prevention conversation. Watch it and share it with your 14-and-up teens. The YouTube trailer has already been viewed over 103,000 times. Take a look and share the potentially life-saving link with friends and family, no matter where they live.

Helping kids discover the things that bring them satisfaction and joy is an important piece of the prevention puzzle. That's why we love [Natural High](#), which

there was no or slight harm in drinking 5 or more drinks of alcohol once or twice a week.

- Thirty-six percent (36%) of 11th graders thought there was no or slight harm in smoking pot once or twice a week,
- Nine percent (9%) of 11th graders reported smoking pot ten or more times in the last 30 day period.

Alarmed by statistics like these, two local high schools have reached out to Pathway to Prevention to help them develop Parent Awareness Campaigns and educate families in their districts. Our resources are of value - and available - to high schools and parents nationwide.

Parents are the first line of defense in helping their teens understand the risks of "experimentation," and we are uniquely prepared to equip them with accurate information and tools. Please contact me if you'd like to learn more about what we offer or to help support our critical work with a tax-deductible donation.

Sincerely,

Kim Box

Executive Director, Pathway to Prevention

Parting Notes

Why *don't* parents talk with their kids about drugs and alcohol?

- Many parents erroneously believe that "good kids from good families don't experiment with drugs or alcohol" or that "smart kids don't drink or take drugs." Statistics show otherwise, and the majority of high school graduates have "experimented" with drugs or alcohol to some degree. Some walked away unharmed; others were injured or experienced deadly consequences.
- Parents may be worried about the stigma of appearing to be concerned about their child's drug or alcohol "experimentation," so they don't seek out facts,

helps youth discover and amplify their passions, saying "Yes" to a natural high and "No" to drugs/alcohol.

Help teens say "Yes" to healthy futures

Our operating funds come exclusively from businesses, foundations and individuals. Please [support our work with a tax-deductible donation.](#)

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Coming soon...
a more dynamic
website

Thanks to the Berryessa Castro Lorge Family Fund for a very generous donation! We are using their gift to add new resources to the [Pathway to Prevention](#)

resources or tools from family doctor's or their student's counselors. Many hesitate to attend school education events or to even pick up informational pamphlets, so they remain uninformed.

- Parents may be confused by the changing marijuana landscape in our nation and don't understand pot's dangerous impact on the developing teen brain.
- And even if they know they should have "The Talk," they don't know where to begin. **Start the conversation here** with our Parent Awareness Report about talking with your teens about drugs and alcohol (in [English](#) and [Spanish](#)).

[website](#) and to make it "mobile responsive" so parents and educators can access our resources on their mobile devices.