

THE ONE CHOICE 5 A 21ST CENTURY PREVENTION FRAMEWORK FOR PARENTS & CAREGIVERS

REFRAMING THE GOAL OF YOUTH SUBSTANCE USE PREVENTION AS ONE CHOICE

- No use of any alcohol, nicotine, marijuana, or other drugs by youth under age 21 for reasons of health



- A clear health standard analogous to other standards like using seat belts, wearing bicycle helmets, eating healthy foods, and exercising regularly

Free Toolkit and Customizable Resources Available at: WWW.ONECHOICEPREVENTION.ORG



PREVENTING YOUTH SUBSTANCE USE
What Adults Need to Know

1. KNOW THAT YOUTH SUBSTANCE USE IS NOT INEVITABLE

2. BE BRAIN DEVELOPMENT SAVVY

3. BE SUBSTANCE SAVVY

4. TALK EARLY AND OFTEN

5. ACT QUICKLY IF YOU SUSPECT SUBSTANCE USE

PREVENCIÓN DEL CONSUMO DE SUSTANCIAS POR LOS JÓVENES
Qué Necesitan Saber los Padres

1. SEPAN QUE EL CONSUMO DE SUSTANCIAS ENTRE JÓVENES NO ES INEVITABLE

2. SEAN EXPERTOS EN DESARROLLO CEREBRAL

3. SEAN CONSCIENTES DE SUSTANCIAS

4. HABLEN TEMPRANO Y CON FRECUENCIA

5. ACTÚEN CON RAPIDEZ SI SUSPECHAN DE CONSUMO DE SUSTANCIAS

English Español

AUTHORS - CONNECT WITH US!

Caroline DuPont, MD
IBH Vice President
Caroline.DuPont@ibhinc.org

Debbie Berndt
Director, Parent Movement 2.0
Founder, Substance-Free Athletics
info@parentmovement2-0.org

Nancy Pasquale
IBH Prevention Consultant
RyeACT Coalition Coordinator
RyeACTcoalition@gmail.com

Corinne Shea, MA
IBH Executive Director
Corinne.Shea@ibhinc.org

Institute For Behavior and Health
Creating Tomorrow's Drug Policy

PARENT MOVEMENT 2.0

RyeACT
RYE ACTION FOR CHILDREN & TEENS

1 KNOW THAT YOUTH SUBSTANCE USE IS NOT INEVITABLE

Most teens are making One Choice not to use any substances

64% of high school seniors have not used ANY alcohol, cigarettes, marijuana, or other drugs in the past month

36% of high school seniors have not used ANY substance in their lifetime

2 BE BRAIN DEVELOPMENT SAVVY

Substance use disorder is a pediatric-onset disease: 9 in 10 adults with a substance use disorder began their use before age 18



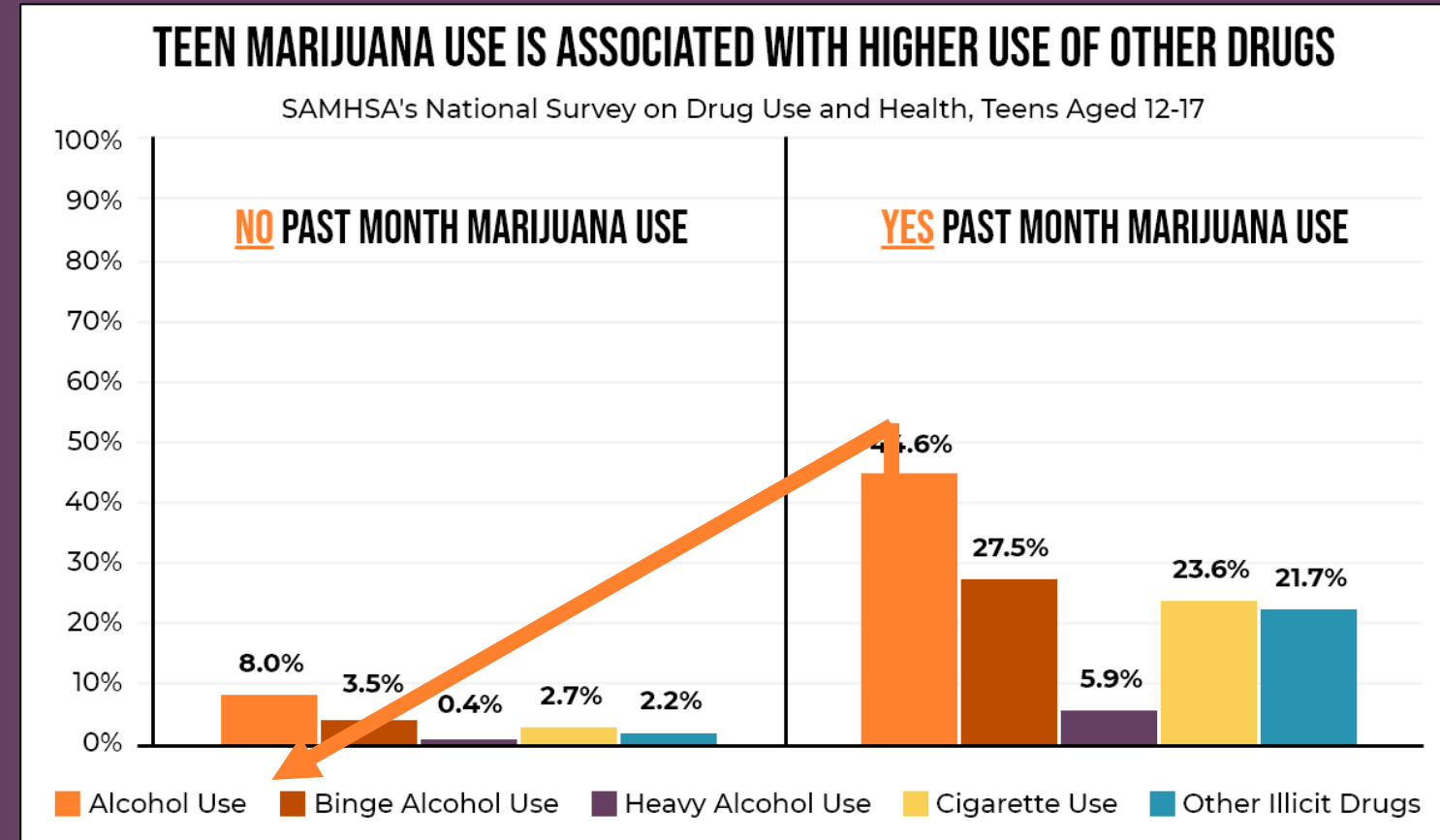
- The human brain undergoes significant growth and changes in adolescence, and is not fully developed until the mid-20s, making it uniquely vulnerable to substance use
- Teens are developmentally primed to take risks, seek high pleasure activities, and may exhibit poor judgement, putting them at heightened risk for substance use and addiction

3 BE SUBSTANCE SAVVY

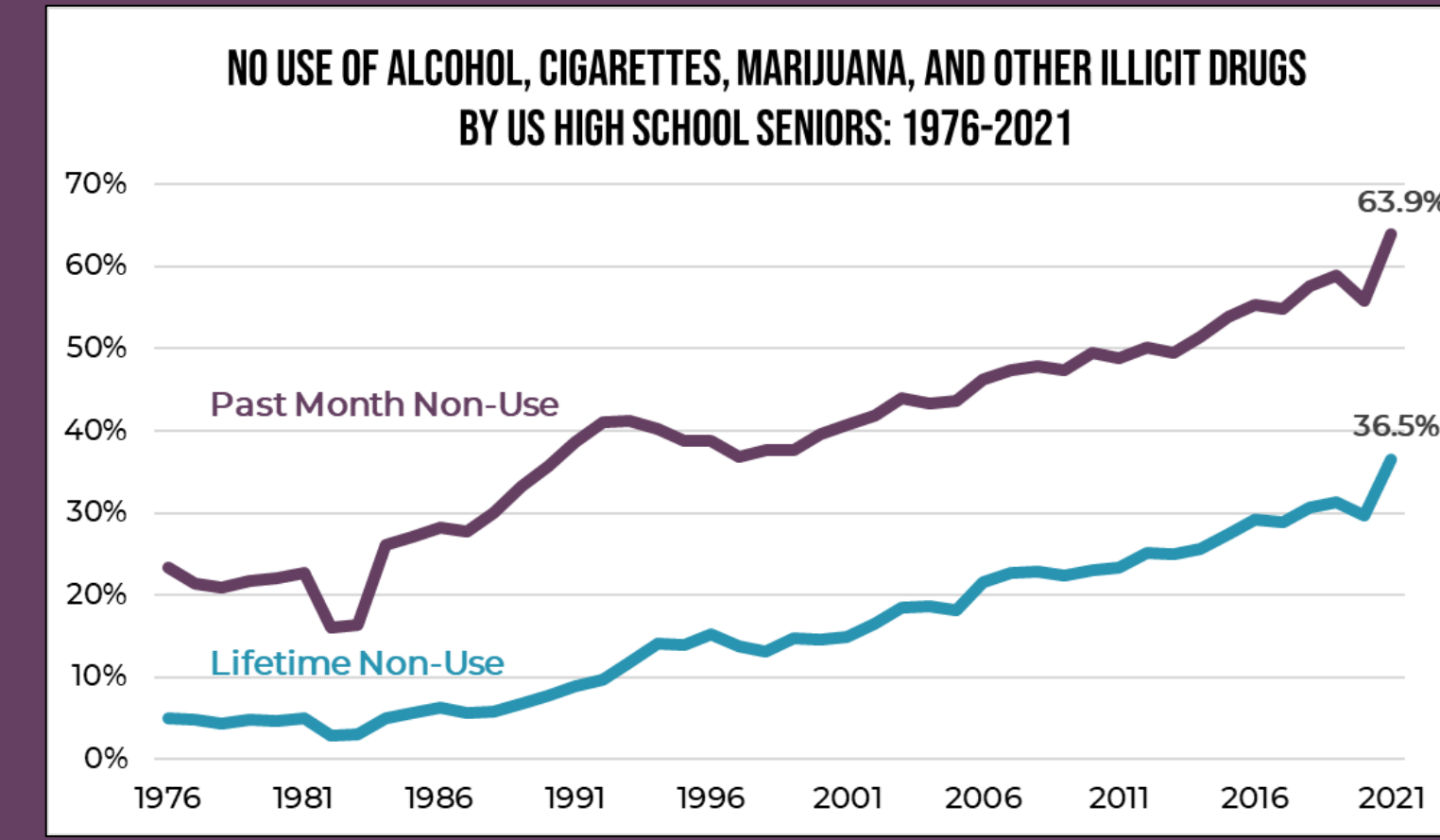
Addictive and harmful products have changed dramatically in the last several decades – and for youth, all substance use is related:

- Teens aged 12-17 who used marijuana in the past month were...
 - 6x more likely to use alcohol
 - 8x more likely to binge drink
 - 16x more likely to drink heavily
 - 9x more likely to use cigarettes
 - 10x more likely to use illicit drugs

...compared to their peers who did not use marijuana



- This close association is true for alcohol and nicotine



4 TALK EARLY AND OFTEN

Prevention is not a single conversation; look for teachable moments

- “Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink.” – SAMHSA
- Communicate the clear expectation of no substance use as the health standard for youth
- Don't provide alcohol, marijuana/THC, or other drugs to teens

- Do a *Stress-Joy-Social Check-In*: Do activities often or always involve substances?
- Identify healthy alternatives and model healthy behaviors
- Access resources from partner organizations

5 ACT QUICKLY IF YOU SUSPECT USE

All substance use puts teens at risk for many negative outcomes; help them make healthy choices and get support when you need it

- If you co-parent, talk to your partner and make a plan together; brainstorm what you'll say, how you'll say it, and when
- Evaluate and limit access to substances in your home
- Identify local prevention coalitions and crisis and treatment resources; 988 Suicide and Crisis Lifeline

Parents/caregivers of a child who has not used any substances

Suspected or known substance use by a child and parents/caregivers **ARE** concerned

A Different Messages For Different Parent Audiences

B

C Suspected or known substance use by a child and parents/caregivers are **NOT** concerned

D Parents/caregivers are bereaved by their children's substance use

- A**
- Encourage and reward non-use behavior among youth
 - Talk early and often to reinforce the message
- B**
- Approach the conversation with open-ended questions in a non-judgmental way
 - Be a trusted resource for parents and caregivers
 - Focus on HEALTH
- C**
- Educate caregivers on the developing brain and the connection between substance use and mental health
 - Ask about use among peers/friends
- D**
- Help families navigate and access resources for treatment and/or grief



SUPPORT OUR WORK! DONATE TO IBH VIA THE PAYPAL GIVING FUND

One Choice Prevention is an initiative of the Institute for Behavior and Health, Inc. IBH is a 501(c)3 non-profit organization that identifies and promotes powerful ideas and policies that improve prevention, treatment, and recovery in the interest of public health.

Make a tax-deductible donation to help us continue this work!

References: Gogtay, et al., 2004; Adolescent Substance Use: America's #1 Public Health Problem; DuPont, et al., 2018; Levy, et al., 2018; Levy, et al., 2020. Data analyzed and updated by IBH from Monitoring the Future and National Survey on Drug Use and Health. Funding: IBH received grant support from The Secular Humanist Fund at The Miami Foundation, grant number 58767.