

11 Do you talk yourself out of being worried? The warning signs of teen alcohol and drug use can easily be attributed to other things. "He's been working so hard, no wonder he can't stay awake." "I swear I had a \$20 bill on my dresser, but maybe I spent it and forgot." "I guess I make her friends uncomfortable because they never want to hang out at our house." Could you be in denial? **Have you noticed these warning signs?**

- Skipping classes or not doing well in school.
- Hostility or lack of cooperation.
- Physical changes (red eyes, runny nose).
- Borrowing money or suddenly having extra cash.
- Lack of interest in activities.
- Significant mood changes.
- Loss of interest in personal appearance.
- Change in friends.
- Heightened secrecy about actions or possessions.



12 Do your actions reflect your values? It's tough balancing when to be a friend and when to be a parent. Local teens report that 77% of their parents have clear rules. What you say and do matters! Before you think about providing alcohol or hosting an underage drinking party, learn about NH's Social Host Law (NH RSA 644:18) and your liability, leading to hefty fines and possible jail time.



13 Are you part of a faith community or other network to lend support when times get tough? Young adults recovering from substance use disorder said they wish they had alternatives to turn to during difficulties, rather than isolating themselves even further by using alcohol or drugs to avoid their problems.



14 Are you tempted to look the other way? A group of young people in recovery from heroin said they wish their parents had *more* consequences when they were younger. One said, "My parents never said anything, so I didn't think it was a problem." Another said, "My relatives would just laugh when we got drunk as teenagers at family gatherings." Ignoring or encouraging your teen to drink, smoke pot or use other drugs can have grave consequences on your child's brain development and ability to be successful as an adult.



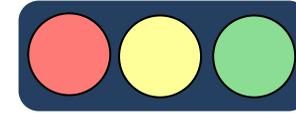
15 Are you falling prey to guilt and shame? You can't make someone stop using, but you can help them get **more misery than pleasure** from their use to motivate them to stop. A man in recovery said, "The best thing you can do is help someone get to their rock bottom as quickly as possible". They have to want to stop. However, you can stop giving them money (or hide yours if they are stealing it), secure your valuables, deny access to peers, restrict the use of your car, take away their cell phone, and so forth. For children age 18 and over, you may even need to restrict their access to your home. Parent support groups such as FASTER have parent facilitators that have dealt with similar challenges, so they are a wealth of support and ideas. For teens getting back on track, enable them to earn privileges as your sense of trust builds. Don't try to figure it out alone... there's lots of help out there.



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The YOUTH COUNCIL
 Helping Families Flourish
 in collaboration with
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 and multiple stakeholders throughout New Hampshire.
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Tally Your Scores!

Add up the number of red, yellow and green dots you circled and write the number below:



- **If your answers are mostly green**, you are usually sending messages that are positive yet firm. Keep your eye out for warning signs and keep the communication going.
- **If your answers are mostly yellow**, now is a good time to reflect on your own values and communication style to see how you can strengthen your message.
- **If your answers are mostly red**, it is important to reach out to a trusted friend or professional to make sure that your teen isn't already on a destructive path. The following resources are available to help:

CADY Communities for Alcohol- and Drug-free Youth
 94 Highland Street, Plymouth
 (603)536-9793 www.cadyinc.org

F.A.S.T.E.R. Parent Support Group
 Families Advocating Substance Treatment, Education & Recovery
 Plymouth Area Contact Shelly at (603) 764-9612

NH Alcohol and Drug Treatment Locator
www.NHTreatment.org

NH Al-Anon/Alateen
 (603) 645-9518

Drug Free New Hampshire
Anyone.Anytime. New Hampshire
www.DrugFreeNH.org

NAMI NH – Concord Resources
 National Alliance on Mental Illness
 85 North State Street, Concord (603) 225-5359
info@naminh.org / www.naminh.org

Hope for NH Recovery
www.HopeForNHRecovery.org

Partnership for a Drug Free NH
ChecktheStatsNH.org (Parent Website)



take the
 quiz



How to raise healthy
 children in a culture of
 alcohol and drug use

Take the following quiz to learn about the messages you may be sending!

Whether it's an occasional swear word or the way young children tuck their stuffed animals into bed at night, it's easy to see that your lifestyle has a tremendous influence on the way the children and teens in your life interact with the world.

Ask yourself the following questions and rate yourself honestly. It's never too late! Little changes you make now can have a significant impact on a child's decision to use alcohol or other drugs as they mature.



Circle the response that best fits:

1 How often do you open a beer or a bottle of wine when you get home from work? While these practices can be relaxing, they also send a message to your children that alcohol is an essential part of daily living. Consider incorporating exercise, meditation, hammock time or other non-substance-related activity to wind down after a long day.



2 Is there someone in your family -- parent, grandparent, sibling -- who struggles with addiction? Research shows that you and your child are at a much higher risk of becoming physically dependent on substances because of your genetics. If you may be struggling with your own substance use, it's a sign of strength to reach out for help -- please talk with your loved ones!



3 Do you insist that your children under age 16 wear a bike helmet and under 18 wear a seat belt? Research shows that when parents insist their children follow basic safety laws, children grow up to respect the law and not drink until they are of legal age and they avoid illegal substances. Please wear your own to be a great role model!



4 How often do your kids feel powerful and successful? Teens in recovery said they wish they had more control over their lives when they were younger. You can foster this by giving them self-esteem and confidence-boosting challenges such as hiking a mountain, mastering a complex skill and making simple choices. It's often the kids that feel isolated or lost that drift toward substances.



5 Do you use teachable moments? It's awkward to have "the talk", however it's easy to start a conversation watching TV. Saying, "Do you really think she would have made that horrible decision if she hadn't been using drugs?" "That accident is exactly why I will never drink and drive and expect you not to either," can make your values and rules very clear on an ongoing basis and your child will be less likely to use alcohol or drugs.



TIP: Let your child use you as the "bad guy" so they can save face and stay safe. "Sorry, I can't... My Mom will freak out."

6 Are you on speaking terms with your teen's co-parent? Even if you and your child's co-parent don't live under the same roof, having consistent rules around substance use is critical to your child's well-being. If you're having difficulty agreeing on how to set rules and limits, consider asking a trusted third party to help you come up with a plan. It is helpful to take the time to listen to each other's concerns and support each other to reduce your child's ability to manipulate one or both of you. While it's great to raise smart children, it can be difficult if they attempt to use their intelligence against you!



7 How many events do you host or attend that include alcohol or drugs to add to the fun? Try alternating substance-free days by the pool, movie nights or family gatherings to teach your children that there are ways to have fun that don't include alcohol or drugs.



8 Do you get accused of being embarrassing? Although your teen might whine that you're embarrassing them by calling a friend's parent to ask about an upcoming party, you're actually saving both of you a lot of grief if the party was going to involve drinking or drug use. Kids with arrest records and/or court consequences may need to report this information to future employers. They may also be denied government financial aid for college and be refused admission into military service. Some families have been evicted from their housing due to a teen's criminal record around substance use. Find ways to get over feeling awkward and make the call!



9 Has your child proved that he or she is trustworthy? Trust is earned over months and years of honest, open communication. It can also be lost in a single moment. Plan how you will consequence your teen if you discover they have not been honest about their whereabouts, activities or substance use. Some parents use signed contracts to spell out behavior expectations. If you are questioning your teen's honesty, you can add a tracking app to their phone, take their phone at night to reduce interruptions or a wide array of other creative restrictions. As long as they live under your roof, you are the boss. If things fall apart to the point that you need intervention, speak with your child's primary care provider, guidance counselor or faith leader. Calling police for options and/or intervention is always an option. Please remember that trust is a two-way street. You, too, can lose your child's trust.



10 Are you an easy target? Interviews with people in recovery described themselves as "schemers and scammers" when under the influence, and said they would do or say anything to get their next high. Lock your alcohol and medicine. Set strict limits and enforce them. Reach out to support groups with concerns. Addressing your suspicions early—as uncomfortable as it may feel—may save your child's life.

