

# Raising Healthy Kids



## ROLE MODELS FOR TEENS DURING HOLIDAY CELEBRATIONS

During the holiday season, keep in mind that celebrations such as Thanksgiving, Christmas, New Year's Eve, and the Super Bowl are popular occasions for alcohol use. Parents are important role models for their children. Your attitude towards alcohol, what you drink, how much, when, and where you drink are all a major influence on whether or how your adolescent will drink in the future. This influence begins at an early age. Warning your child about the dangers of drinking will not be effective if you do not set a good example yourself.

Here are some guidelines for healthy role-modeling:

- **Know the Law:** Serving alcohol to anyone under 21 is illegal and can result in fines and up to a year of prison.
  - **Promote Health Coping:** Do not portray alcohol as a good way to deal with stress, such as by saying "I've had a rough day, I need a drink."
  - **Walk-the-Walk:** Don't engage in unsafe behaviors yourself (or allow other adults to), such as driving after drinking or getting into a car with someone who's been drinking.
- **Set the Limit:** Explain to your children about the effects of underage drinking and clearly discuss your rules about alcohol use with your child.
  - **Set a Good Example:** Limit your alcohol use and do not get drunk, especially in front of your children.
  - **Provide Alternatives:** Make sure there are always non-alcoholic options available. Sometimes decline the offer of alcohol yourself.



# CAN YOU HELP YOUR CHILD BECOME MORE OPTIMISTIC?

There is some evidence that optimism, the belief that things will work out, is an inherited trait; however, there is also data that suggests we learn our worldviews from the world around us. Parents can unknowingly influence children to interpret events in a negative way.

Research shows that we can change the way we think about things and build our capacity for optimism! This helps with resilience. Here are some tips for increasing optimism:

- 1. Know the Signs:** Familiarize yourself with your child's triggers for pessimism & anger.
- 2. Encourage Optimism:** Remind your child that setbacks are temporary, isolated incidents rather than persistent issues, impersonal, and within their power to fix.
- 3. Challenge Pessimism:** Refute negative thoughts and reframe them in a positive way.
- 4. Model Optimism:** Demonstrate positive thinking when you face challenging situations.
- 5. Accept Emotions:** Understand negative emotions will occur, empathize with how your child feels, and help them identify strategies to express themselves in a positive way.
- 6. Acknowledge the Reason:** Remain calm when your child is escalated, discuss why your child feels the way they do, and brainstorm solutions to their problems together.



## HIDDEN IN PLAIN SIGHT

An interactive display providing parents with signs of risky behavior and possible drug use and the tools needed to have constructive conversations

ENTER MOCK BEDROOM BY VISITING  
[www.spc-hips.com](http://www.spc-hips.com)


Parents are the #1 prevention tool in keeping their youth alcohol and drug free.

## OPT INTO THE KNOW! TEXT MESSAGING



The Know! tips provide you with relevant, timely material that we can share with parents, caregivers, and other caring adults who interact with the young people. Scan QR code or text 401-258-7876 to opt in today!

# Teen Toking TIPS

Take   
the quiz



**True or False: If my teen is using marijuana, I would be able to smell it.**

False: While smoking marijuana has a distinct smell, you cannot smell vaped marijuana on your teen's breath or clothes. The vapors easily dissipate and can be masked by air freshener, perfume, or cologne. They can also use a "sploof" (a handmade filter made from a cardboard tube and dryer sheet) to reduce the smell.

**True or False: Bloodshot eyes and use of eye drops indicates marijuana use in my teen.**

True: Marijuana is a vasodilator, meaning it lowers blood pressure and causes the capillaries in your eyes to relax and have increased blood flow, making your eyes bloodshot. This effect can be counteracted with eye-drops.

**True or False: My teen has a new circle of friends, but this doesn't indicate marijuana use.**

False: Your teen starting to use might mean s/he has a new circle of friends who also use marijuana. It might also mean the distancing from old friends who don't use.

**True or False: Vomiting and frequent showers are a sign of marijuana use in my teen.**

True: Marijuana toxicity can result in unexplained nausea and vomiting. If your child vomits frequently and is taking several hot showers, this could indicate Cannabis Hyperemesis Syndrome, which requires medical intervention.

**True or False: Marijuana use won't change my teen's personality.**

False: Marijuana use can cause behavior changes, such as lethargy, combativeness, and secrecy. Pay special attention if your teen is no longer participating in activities they used to enjoy.

**True or False: Cigars and burned nails are a sign of marijuana use in my teen.**

True: Hollowed-out cigars can be packed with herb marijuana and smoked. These are known as blunts and have a higher potency than traditional "joints." Burned nails indicate "dabbing," which involves inhaling smoke from burned high-THC concentrate.

## SOMETHING GOOD!



In today's world so many negative things are going that affect everyone. We would like to hear from you on "Something Good" for us to share with our community. Text this number and tell us something good.

**TEXT US @ 401-258-7876**



# NEW DRUG TRENDS • BE IN THE KNOW!

## Delta-8 is a substance being synthetically converted from CBD

- It is: 50-75% more potent than Delta-9 (the normal THC).
- The issue: It can be sold unknowingly in CBD and other hemp shops, often the labeling is not clear so people may not know they are getting something other than CBD.
- Emergency Room visits have reported adverse effects from Delta-8 especially among those who were not aware that it was in the substance they purchased.

## New disposal e-cigs on the rise- PUFF BARS

- JUUL is no longer number one with teens – teens are now using disposal fruit flavored Puff Bars



### Puff Bars XXL

- 1600 puffs = 53 cigarettes
- Disposable
- Cost = \$14.99

(Compared to a pack of [20] cigarettes for \$8.95)

### Juul

- 300 puffs = 20 cigarettes
- Rechargeable
- Cost = \$12.99 for 2 pods

(Compared to a pack of [20] cigarettes for \$8.95)

*It has been reported that some kids smoke the entire Puff Bar in day.*

## INCREASE OF CANNABIS-INFUSED BEVERAGES

Sales of these Cannabis-Infused Beverages rose 40.3% from 2019 to 2020 being used as an alternative to alcohol.



The average cost per serving of an infused beverage has actually slightly gone down from \$8.67 in January of 2020 to \$8.58 in January of 2021.

Cannabis-Infused beverages are considered an edible and comes with all of the same risks as edibles:

### Dangers of edibles:

- Edibles have a much longer high (four to 10 hours)
- Higher potency can lead to serious side effects, such as development of mental illness and psychosis (paranoia, panic attacks, hallucinations)
- Harder for parents to recognize that their kids are using drugs.
- Easy for teens to consume a large amount of an edible because it can take between 30 minutes to 2 hours to experience the effects. This delay can result in consuming more than intended.

With extraction of cannabis techniques improving, the market for these infused beverages are expected to continue to grow and licenses are being issued for “Public Consumption Lounges.”



[www.spcprevention.org](http://www.spcprevention.org)



**Southern Providence County  
Regional Coalition**

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SPCR is a federally funded organization providing mental health promotion and substance use prevention.