

Raising Healthy Kids

SPCPrevention.org



**Southern Providence County
Regional Coalition**
Communities. Prevention. Collaboration.

EDUCATION

Back to School Stress?

Back to school can be a stressful time of year for the whole family. There are many ways you can alleviate the stress for you and your child. Sticking to a routine will help keep track of homework, housework, sleep, and even planned moments for fun. Help manage potential anxiety by asking your child what worries them about being back at school and come up with a plan together to support these worries. Goal setting is a great way to plan for the year ahead and stay on track. Ask them what they hope to accomplish this school year or help them brainstorm achievable goals. Always plan for quality family time and encourage fun activities outside of the home and school. Remember, this can be a chaotic time of the year and it's important to take time for yourself and to teach your children to do the same.

Intentional Connections

As the new school year routine unfolds one of the best ways to support your child is to be intentional with your interactions. As a parent it can be easy to jump right to the typical and daunting question "What did you learn today?" In which you will probably hear the typical response "nothing". Answering this question can seem like another task to your child and may be a difficult to answer. Making your interactions more intentional will get your child to share more about their day. Try instead "I'm so happy your home, tell me something you enjoyed about your day". Your child will be more receptive to this phrasing and more likely to share the details about their day.

Offer Empathy Instead of Anger

Setting limits with your teen isn't easy. Especially when power struggles arise. Being intentional and empathetic when setting limits can help minimize the occurrences of power struggles. For example, your teen asks if they can go to a party. You discuss the details with them and decide if it's okay with you. Next you set the limit with an intentional tone by saying "You'll be home no later than 11."

Many teens will try to test the limits and this is normal.



When this happens keep a calm tone and say “We agreed you would be home at 11 and you came home at 11:30. When you are late, I worry you are not safe. Next time you won’t be able to drive yourself. You can choose to be dropped off and picked up by me or not go at all!” When your teen becomes upset with new limits, offer empathy instead of anger by saying “It’s hard to lose your privileges, but you can handle this”

Remember, when you set new limits it can take time for your teen adjust. Eventually, instead of a power struggle, they will walk away understanding that they have made a mistake and you still love them.



Video Game Slang

If you can hear your teen playing video games in the next room, it probably sounds like they are speaking a completely different language. By decoding this video game language, you can monitor the types of games your teen is playing.

Below are just some of the acronyms and terms you may be hearing:

- ▶ BM (bad manners)
- ▶ FPS (first person shooter)
- ▶ K/D Ratio (kill/death ratio)
- ▶ IAP (in-app purchase)
- ▶ Co-op (cooperative play)

For the full list and more, visit the link below:

360+ Teen Slang, Emojis, & Hashtags Parents Need to Know (smartsocial.com)



REGIONAL HIGHLIGHTS

- ★ **SPC Prevention Coalition will be partnering with Bryant University and Rhode Island College** as well as **faith-based organizations** throughout the region to spread awareness and educate the community about stimulant and opioid use, misuse, risks, and overdose prevention.

- ★ **October 28th:**

- National Drug Takeback Day**

Dispose of unwanted or expired medications at the local police station’s drug drop box.

- ★ **SPC Prevention Coalition will be participating in:**

- Johnston Apple Festival
- North Providence Fall Festival
- Working with schools during Red Ribbon Week

- ★ **PSA for parents and teens on social media: Full Plate?**

- **Teens:** *Substance use adds more anxiety to your already full plate.*
- **Parents:** *Your teens have a full plate. Talk, they hear you.*

- ★ **Seeking Prevention Coordinator for Scituate Prevention Coalition**

- ★ **Created a teen magazine** called **Thrive**.

- ★ **Created a guide** to empower parents to read marijuana’s influence on teens.



DRUG TRENDS

The Study Drug

The use of amphetamines among Highschool seniors and college students is on the rise. Amphetamines, often branded as Adderall, are prescribed to ADHD patients to regulate their chemical levels in the brain to help maintain focus. Because Adderall is a prescription drug, teens and young adults often perceive them as being safe and an aid to studying and good grades. The truth about this drug is that using it will not boost grades or performance and are highly addictive. Side effects include nausea, diarrhea, nervousness, restlessness, dry mouth, weight loss and possibility of overdose. Aside from the drug's side effects, students need to be aware of counterfeit pills; Pills made to look like Adderall but actually contain the very strong opioid Fentanyl. 1 in 6 fake pills contains a lethal dose of Fentanyl. Talk to your teens about the dangers of taking pills not prescribed to them and know the signs of Adderall misuse and overdose.

The Risks of Getting "Crossfaded"

Getting "crossfaded" or "crossed" refers to the use of alcohol and marijuana at the same time. The two most used substances in the nation are often used together with the goal of enhancing the buzz one feels when intoxicated. This buzz enhancing effect happens because alcohol increases the THC levels in the bloodstream. Getting crossfaded has many health risks including accidents, poisoning, and marijuana overdose also known as "greening out". Long term effects include addiction as teens and adolescents who use both substances at the same time are more likely to develop a substance use disorder. With both substances being legal, the perception of harm in teens and adolescents may be low. Talk with them about the negative effects and why mixing substances together is dangerous.

Notice the signs of a substance use disorder in your child:

- withdrawal from preferred activities & social interactions
- weight changes
- mood swings
- smell of alcohol or marijuana
- decline in academic performance
- fatigue

RESOURCES



Mental Health Resources | SPCRC



Get Smart About Drugs | DEA



Decisions, Decisions
Let's Talk Cannabis IL



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