Raising Healthy Kids

SPCPrevention.org

Southern Providence County Regional Coalition
Communities. Prevention. Collaboration.

DRUG TRENDS

WHAT NOW?

Cannabis disposables are growing in popularity. Disposable THC vapes now make up a large share of cannabis-vape sales, with larger-capacity devices becoming more common.

Another trend to watch is **pouch-style products**. In addition to nicotine pouches, manufacturers are now selling similar products containing substances such as THC, CBD and caffeine.

CREATE A FAMILY CODE WORD

Peer pressure doesn't always give kids much time to think. Choose a word your child can text when they need help leaving an uncomfortable situation—no explanation needed. A text like "RED" can mean, "Call me and give me a reason to come home." It gives kids an easy exit when alcohol, marijuana, vaping, or other drugs unexpectedly show up.

TRY IT TONIGHT:

Let your child choose your family's code word.

EDUCATION

A COMMON PARENT QUESTION

"How was school?"

"Fine."

SOUND FAMILIAR?

Try questions that can't be answered with one word:

- *What made you laugh today?*
- *What was the most annoying part of your day?*
- *What is everyone talking about at school right now?*

Small conversations build connection. You don't always need a big talk—sometimes prevention happens during a five-minute conversation in the car.

PHONE/SLEEP

A QUESTION FOR FAMILIES:

Where does everyone's phone sleep at night?

Phones in bedrooms can mean late-night scrolling, notifications, and interrupted sleep. Consider creating a family charging station outside bedrooms—and make it a **family rule**, not just a kid rule.

It's easier to say, *"This is what we do in our house,"* than *"Give me your phone."*

BACK TO SCHOOL CHECKLIST:

- Get bedtime and wake-up routines back on track.
- Update school and emergency contact information.
- Review after-school plans.
- Talk about expectations for phones and social media.
- Check in about friendships, worries, and excitement.
- Remind them: ***They can always come to you.***

HIGHLIGHT

Parents naturally notice problems:

- *missing homework*
- *messy room*
- *broken curfew*
- *attitude*

This week, deliberately look for a good decision instead.

"Thanks for telling me the truth."

"I noticed you walked away from that drama."

RAISING HEALTHY KIDS CHALLENGE:
Catch your child doing something right—and tell them you noticed.

RESOURCES

Hidden in Plain Sight:
SPC-Hips.com

Empowering Parents, Marijuana's Influence on Teens:
tinyurl.com/MarijuanaInfluenceTeens

SPC Resource Guide:
tinyurl.com/RegionalResourceGuide

Substance Use Mental Health Leadership Council Resources:
SUMHLC.org/resources

Congratulations to our responsible alcohol & tobacco retailers in Region 1!

Thank you to the establishments that helped keep our youth healthy and safe in 2025–2026 by not selling age-restricted products to youth.

View the list of retailers here
SPCPrevention.org/compliance-champion-retailers/

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