

Raising Healthy Kids

SPCPrevention.org



Southern Providence County
Regional Coalition
Communities. Prevention. Collaboration.



DRUG TRENDS

DELTA-8 THC

Delta-8 THC, a cannabis compound made from hemp, produces a “high” similar to marijuana. Delta-8 THC is growing in popularity because it’s often sold legally in gas stations or online, even where marijuana is not legally sold. Many teens assume it’s safe or less harmful than other types of marijuana, but it can still impair judgment, cause anxiety, and increase the risk of addiction.

KRATOM

Kratom is often sold as a green powder, capsules, gummies, drinks, or dried leaves. In smaller amounts, some people say it increases energy and alertness. In larger amounts, it can cause relaxation and drowsiness. As of April 1, 2026, it is legal in Rhode Island and is sold in convenience stores to individuals 21 and older. While it will hopefully be kept behind counters out of youth’s reach, it’s important to be aware of the risks. Kratom can be highly addictive, and some individuals report difficult withdrawal symptoms when trying to stop using it.

MY LIFE. MY QUIT. APP

The app launched July 31, 2025 and is available in both Apple and Google Play stores. The app is **free** and offers 24/7 access to live coaches who provide confidential support for quitting smoking. The coaches will guide you through any stage of your quitting journey.

Learn more at MyLifeMyQuit.com/en-us

THC DRINKS & ALCOHOL

Co-use of THC drinks and alcohol is becoming more common among youth. **Double Impairment. Real Risks.**

For the fact sheet on co-use go to SPCPrevention.org/thc-alcohol-teens

SUMMER BOREDOM ISN'T A BAD THING—HERE'S WHY

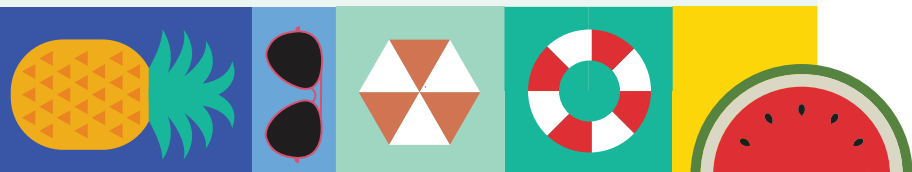
As the school year ends, many parents worry about boredom. However, a little downtime can actually be a good thing. Boredom gives kids a chance to build creativity, independence, and problem-solving skills.

That said, balance matters. Too much unstructured time—especially for older youth—can lead to poor choices. A simple plan can help: set expectations for chores, limit screen time, and encourage safe social activities like sports, arts, or volunteering also keeps kids engaged and builds confidence.

This summer, try not to “fix” boredom right away. It can be an opportunity for growth, exploration, and building confidence.

PARENT TIP

Create a simple daily rhythm—something to do, something to help with, and time to relax.



CREATING A “YES” ENVIRONMENT AT HOME

Prevention isn't just about saying “no.” It's also about creating opportunities for kids to say “yes” to healthy choices.

A “yes” environment means making your home a safe, welcoming place where kids can spend time with friends. Creating opportunities for strong connections, family meals, and regular check-ins help kids feel supported and valued.

PARENT TIP

Be the house where kids feel comfortable hanging out; you'll stay connected and know what's going on.

GRADUATION SEASON & ALCOHOL: WHAT PARENTS SHOULD KNOW

Graduation is a time to celebrate, but it can also bring increased exposure to alcohol.

Allowing teens to drink at home may seem safer, but it carries legal risks and can increase harm. Clear rules and consistent messages matter.

Before celebrations, talk with your teen about expectations, peer pressure, and how to handle uncomfortable situations. Let them know they can always call you for help. Connecting with other parents about supervision also makes a difference.

PARENT TIP

Have the conversation before the event; clear expectations ahead of time are more effective.

➡ To learn about Social Hosting go to SPCPrevention.org/socialhost



SETTING SUMMER EXPECTATIONS BEFORE SCHOOL ENDS

A quick conversation now can make a big difference later. Before summer begins, set clear, simple expectations around curfews, screen time, and time with friends.

It's also a good opportunity to talk about situations like parties or peer pressure, and how your child can handle them. Keeping the tone calm and collaborative helps build trust, and discussing important boundaries and refusal skills can help teens make safe decisions in the moment.

Consistent boundaries now can lead to a safer, smoother summer.

PARENT TIP

Keep it simple. Focus on 3-4 agreed upon expectations your child can remember.



RESOURCES

- ➡ Hidden in Plain Sight: SPC-Hips.com
- ➡ Empowering Parents, Marijuana's Influence on Teens: tinyurl.com/MarijuanaInfluenceTeens
- ➡ SPC Resource Guide: tinyurl.com/RegionalResourceGuide



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