



PARENTS USE YOUR POWER

Support in raising healthy drug-free teens

Resources • Newsletters • Parenting Tips

ThePowerofChoice.info

A project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, Lake County Health Department, DuPage County Health Department, Cook County Health Department and District 203 & 204 parents. Funded in part by IL Department of Human Services.

100% of us have

The Power of Choice

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Our youth make healthy choices every day but it doesn't make the headlines. Yet the research is showing that maybe it should. The number of local alcohol-free teens is growing, at a rate that is almost double the national level. That growth seems to be related to increased awareness and support for the healthy choices most of our high school students are making.



A project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, DuPage County Health Department, KidsMatter, Aurora Police Department and District 203 & 204 parents. Survey & data analysis by CPRD at University of Illinois. Funded in part by IL Department of Human Services.

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Keep Talking To Your Teen

Talk to your teens about your family values, choices and risks associated with substance abuse. Know where your teens are vulnerable, and help them find healthy ways of coping with and managing challenges. You have a significant impact on the choices your teens make. The role of parents is critical in guiding teen's attitudes about drug use. The family's role in youth development cannot be overstated, nothing else even compares.

So parents— Use Your Power!

- Explain to your teens that you care about them and want them to have a happy and healthy life. Focus on the positive. They have the Power of Choice. They can choose friends that respect themselves and others. Challenge them to learn more, to think for themselves, and to be the best they can be.
- Rules are important. Explain that they need enough sleep and a clear mind to achieve their goals. Alcohol and other drugs can jeopardize them.
- Support your teens' efforts to reach their goals and understand your teen's concerns. For example, his place on the team can be in jeopardy if he attends a party where alcohol is served.
- Work together with your teen to develop strategies. For example, ask your teen how she might respond if offered alcohol or marijuana.
- Model Healthy Stress Management, Coping and Celebration. If you're stressed, let your teen see you cope constructively. If you have a conflict with someone, does your teen see you talk it out, and resolve the problem? Your teen does pay attention to how you behave and to what you say, even if it doesn't always seem that way. Life can be a merry go round of activities and very stressful if you don't set aside time for family. Parents have the power of choice, too. Let your teens see you use it wisely.
- Seek outside help, support and guidance for the whole family if any family member is dealing with substance related problems. For more information, please visit ThePowerofChoice.info

The Majority of High School Students are making healthy choices. See Data Points below from the April 2014 survey of District 203 & 204 students (As compared to the April 2013 survey).

93% of students have been tobacco-free for the last 30 days (**up 1%**)

77% of students have been alcohol-free for the last 30 days (**up 2%**)

85% of students have been marijuana-free for the last 30 days (same)

78% prefer to date someone who is marijuana free (same)

89% prefer to date someone who is smoke-free (**up 2%**)

71% prefer to date someone who is alcohol-free (**up 1%**)

87% choose not to drink because they don't want to jeopardize their future plans (**up 3%**)

87% choose not to drink because they don't want to deal with the legal consequences if caught (same)

91% respect their friend's choice to be smoke-free (**up 1%**)

87% respect their friend's choice to be alcohol-free (**up 1%**)

88% respect their friend's choice to be marijuana-free (**up 1%**)

Now is an important time to be talking to our teens about risks related to marijuana use. With medical marijuana becoming available locally, youth may be confused about the risk of using marijuana, especially on the developing adolescent brain. Please see our website for resources and education related to marijuana prevention.

As perception of harm

decreases...



ThePowerofChoice.info provides parents with a wealth of information they can use as they guide their children through the exciting teenage years. Here are just a few of the topics you will find if you visit.

Resources

The Power of Choice Parent Resource Page provides information and resources for parents:

Prevention and Education

- Safe disposal of prescription and over-the-counter medications
- Local ordinances regarding curfew, underage use and hosting liabilities
- Drug information and warning signs
- Parent information, newsletters and videos
- How to report a concern

Intervention and Treatment

- I think or know my child is using
- Local resources
- Where can families get support

Recovery

- Support for recovery

Data

The Power of Choice surveys all high school students in Districts 203 & 204. Find out the REAL story about what's happening with the students in our community.

Guidelines for Parties and the Law

A practical tool for parents in establishing guidelines for teenagers when they host or attend parties.

Parent Newsletters

Raising teenagers can be tough at times. Our parent newsletters cover a wide range of topics including:

- ✓ **Parents Use Your Power**
- ✓ **Family Conversation Tips**
- ✓ **Parents Working Together**
- ✓ **Drug Education and Resources for Parents**

Monthly, watch for the latest newsletter being delivered via email from your school & district.



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