

PARENT RESOURCE GUIDE

Know the Truth™ Prevention Program

Here's What You Need to Know

- 60% of teens have at least one friend that uses drugs.
- 33% of teens get their information about drugs from unreliable sources.
- 1 in 4 11th graders are vaping.
- 20.7% of 11th graders are using marijuana.
- 45% of high school students have had alcohol.
- Of the teens that drink alcohol, 22% of them take alcohol from their home.

How to Talk to Your Teen

If your teen is not using:

- Research the effects of substances on teenagers you have before your conversation.
- Approach the conversation openly, try not to come off as accusatory or threatening.
- Set expectations and consequences together. If they break the rules they have set with you, it's harder for them to argue back.
- Have the conversation often, once is not enough.



The Prevention Program of
Mn Adult & Teen Challenge

References: MN Department of
Health, Center on Addiction, MN
Student Survey, Know the Truth™
Prevention Program Surveys



Warning Signs

- Changes in Behavior
 - They may have a sudden change of friends, isolation from family and friends, disinterest in activities they've previously enjoyed and lack of communication.
- Mood Changes
 - Your child may become irritable, irrational, depressed, paranoid, dramatic or even violent.
- Physical Changes
 - They may experience sudden weight loss or gain, dilated pupils, poor hygiene, fatigue or restlessness.
- Poor Academic Success
 - They may start to perform poorly at school through bad grades, failed tests and showing poor behavior in the classroom.

What to do if your child is using

- Remain calm
 - Teens with substance use habits are in a vulnerable state, how you react to them can make all the difference in their recovery.
- Avoid Confrontation
 - This closes the ability to have an open conversation.
- Don't Enable Them
 - Do not ignore their negative behavior. Step in early and often to ensure their safety.
- Reach out for help
 - You shouldn't do this alone. Reach out to your child's school, health providers and intervention specialists.



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