

Parenting for Prevention

Manhasset Community



CASA

Coalition Against Substance Abuse

Isabel Burk, MS, CPP, CHES

The Health Network

(845) 638-3569

E-mail: isabel@healthnetwork.org

www.healthnetwork.org

Isabel Burk, Director of The Health Network, is a nationally known, award-winning expert on drug prevention, safety policies, and health education issues who has spoken to more than 65,000 people in 38 states. She has been honored by the U.S. Department of Health and Human Services, Northeast Center for Safe and Drug-Free Schools, and the New York State Department of Health. Isabel has written two books, more than 150 articles and has appeared on 20/20, CBS This Morning, The View, Fox News and others.

What do you think?

- Where do youth drink/use drugs?
- Where do youth buy/sell drugs?

Partnership for a Drug-Free America 2008

“I don’t have enough information and tools to effectively help prevent my child/teen from using drugs.”

2/3 of parents “don’t know what to say if their child told them that a classmate drinks beer.”

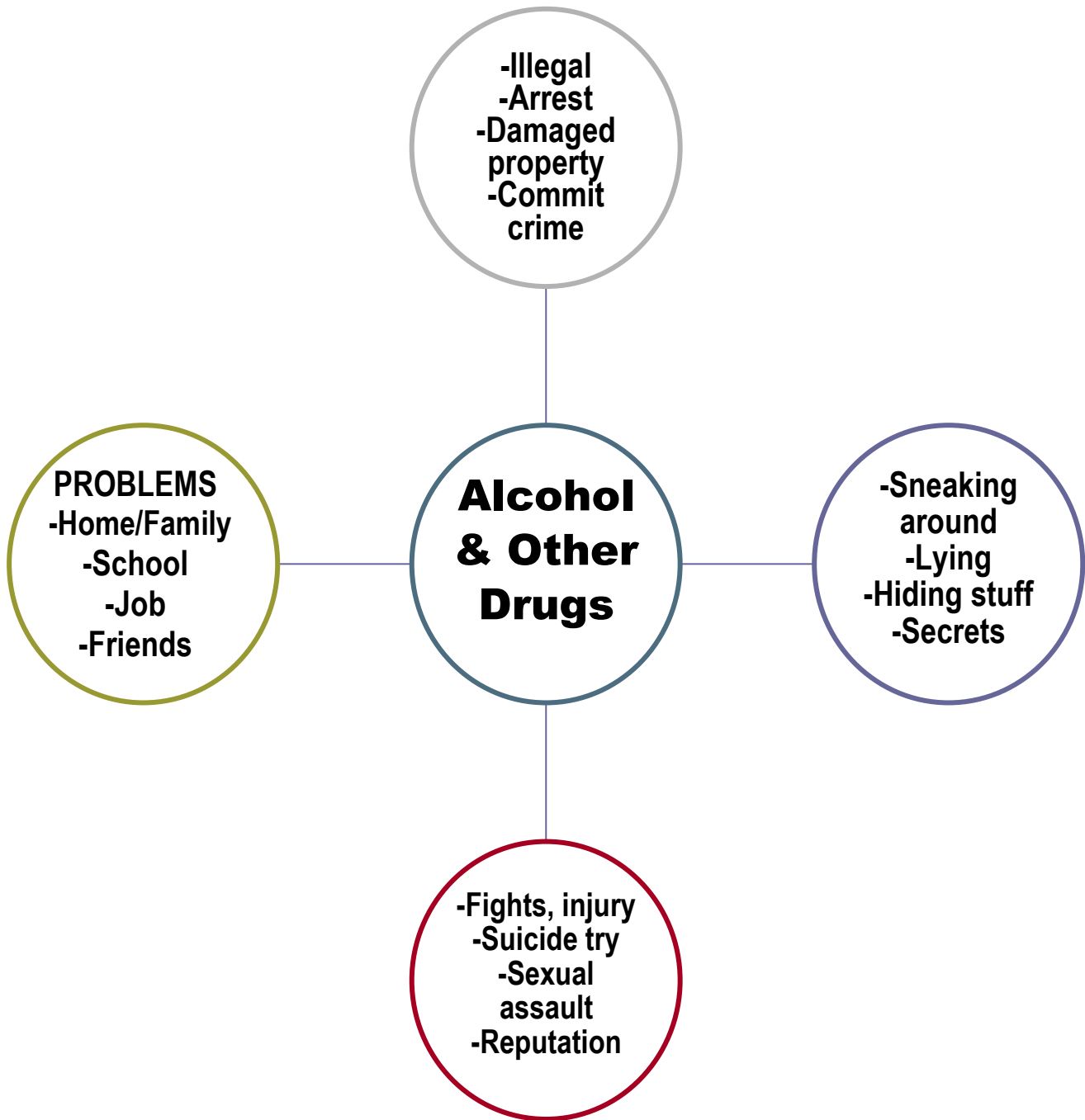
Medical Marijuana: Youth Confusion

- 70% of US teens who admitted smoking marijuana in past 30 days also reported smoking tobacco on 20 of the past 30 days
- New York does not allow “medical” marijuana
- “Medical” means different things to children
- How does marijuana affect children’s growing bodies?
- Respiratory issues
- Impairs driving, movement, vision, memory
- Federal government does not recognize “medical” marijuana use

Prescription Drug Abuse: Rising Problem

- 30% of all children from 10 to 19 take at least 1 legitimate prescription to treat a chronic condition
- Want some? No problem: 43% of teens got Rx drug from a friend or relative for free
- 41% of teens think it is safer to abuse a prescription drug than an illegal drug
- 30% of teens think prescription pain medication is not addictive
- ADD drugs are now seen as “smart drugs” or “study drugs”
- Ads for prescription drugs: \$4.7 billion spent on advertising to consumers in 2008
- 71% of parents don’t take precautions to protect medication in their own home

Risks of Alcohol & Other Drugs for Youth



Associated Press / MTV survey 2006: Who is your hero?

- Mother 29%
- Father 21%
- Friend 11%
- God 10%
- Grandmother 8%
- Brother 7%
- Teacher 5%

We need to frame our discussion in terms of health and safety.

Parent Power: Parents Can Reduce Risks

1. Discuss your values and expectations regarding alcohol and other drugs
2. Be sensitive to the stress in your child's life and help him/her cope
3. Understand when and why your child is bored and help her/him cope
4. Know your child's friends
5. Practice refusal skills; prepare your child for pressure
6. Say "no" so your child learns to say "no"
7. Teach respect for medications and chemicals

Mom, Dad---Did you try drugs?

- No
- I didn't inhale
- I tried it but didn't like it
- A few times only
- Used, stopped

