



operation
parent

operationparent.org

Mission

**To love and support parents by providing
real-world information, connection, and hope.**

Learning Objectives

- 1. Learn how to provide free “ongoing” prevention education in your community**
- 2. Learn about Operation Parent handbooks and how to creatively distribute**
- 3. Learn a new way to engage the youth and adults in your community...and look good doing it!**

Our "Why"



operationparent

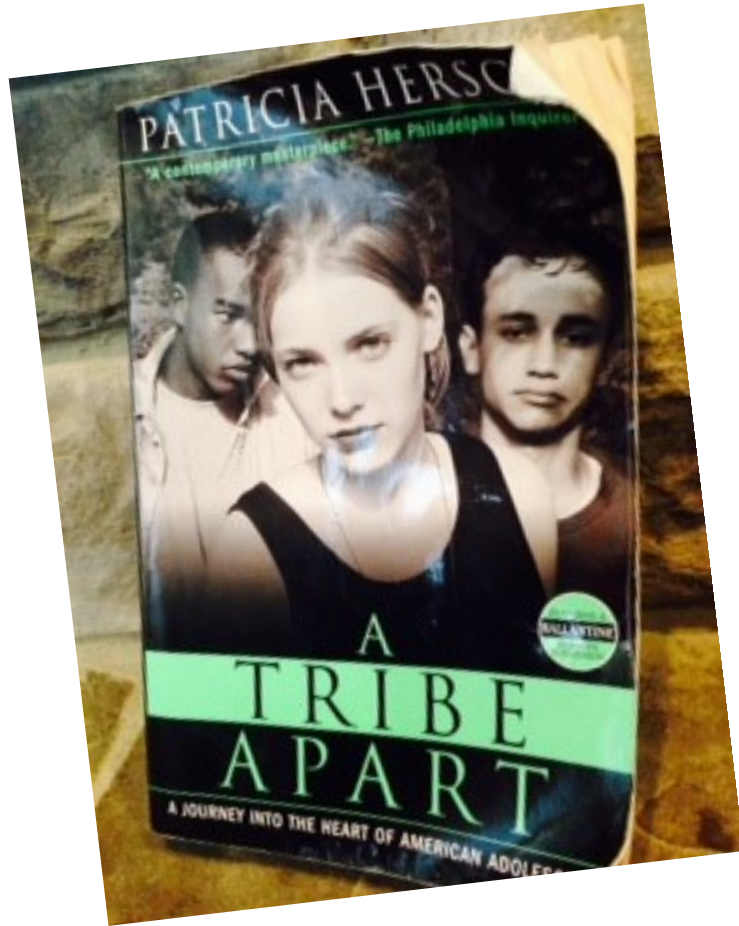


Jean

- Mother of five
- Living my best life as a GiGi!
- Founder of OP
- Loves cashews and orange juice



A Tribe Apart



“We are not as innocent as you may think. You need to talk to us and watch us and be alert. It is very easy to fool you. Teachers and parents need to be smarter about us and stop denying what is really going on!”



My "Why"





Aly



- One of two daughters
- Married to the best man ever!
- Relevance of OP's topics in my life
- Passionate about encouraging parents to have transparent, preventative conversations

What's Your
Why???



operationparent

Operation Parent's **FREE** Resources

LIVE Webinars

Social Media

Resource Library





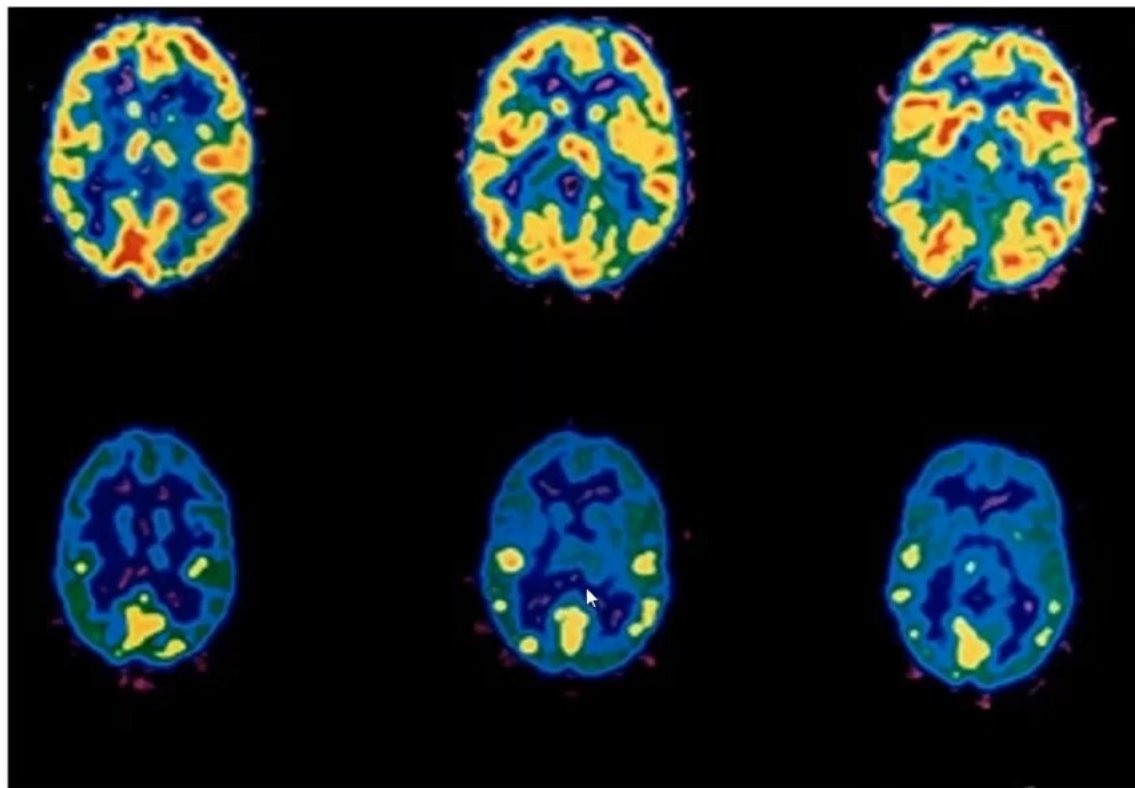
LIVE Webinars

- **ALWAYS FREE!**
- **Practical advice for parents**
- **60 minutes of information**
- **30-minute Q&A**
- **Unique opportunity to connect Parents with experts on variety of topics**

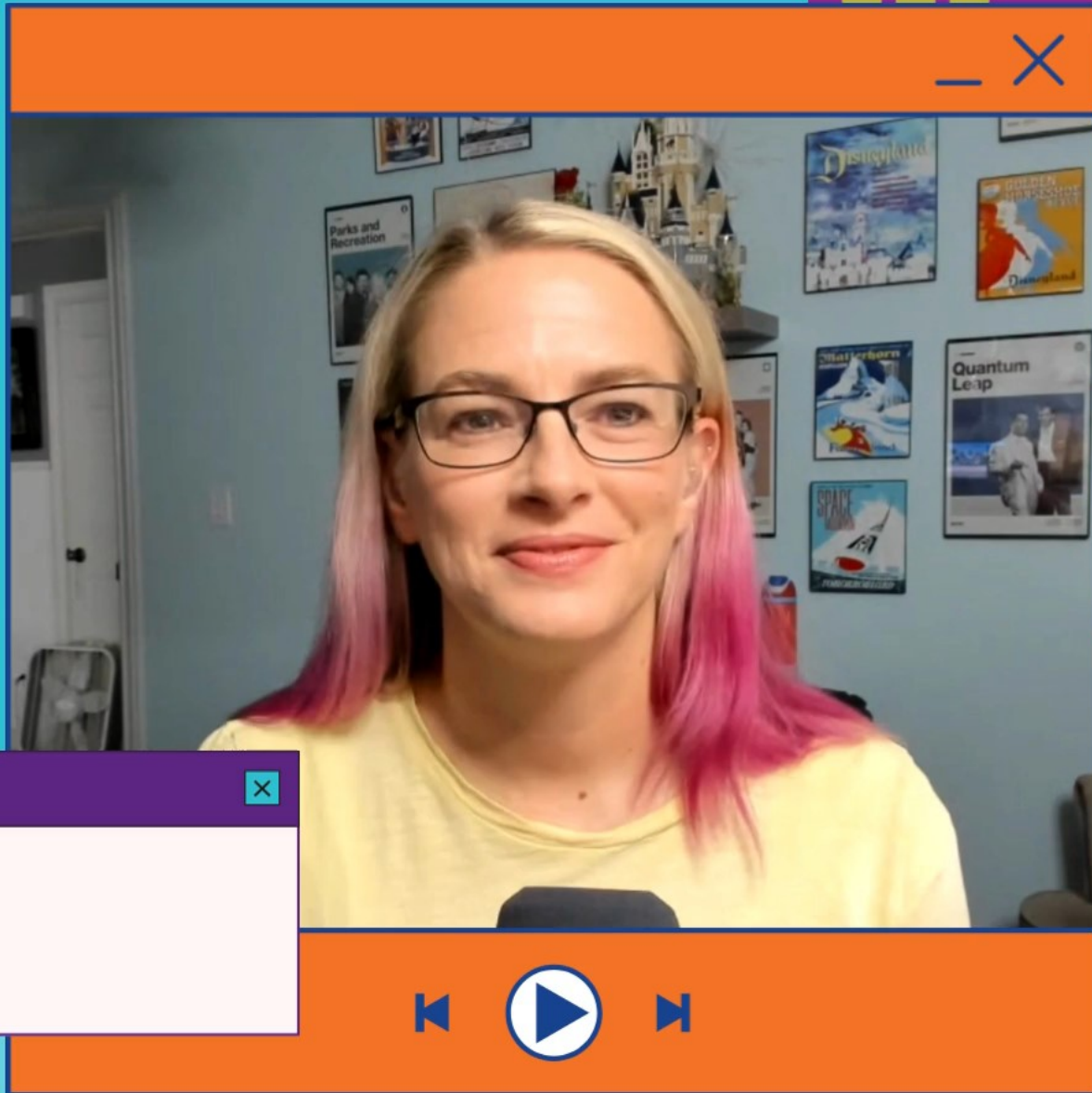
***All registrants receive link to view recorded webinar at their convenience**



HYPOFRONTALITY = PLEASURE OR FEAR



operationparent



Other **FREE** Resources!

WEBINAR LIBRARY



MANAGING YOUR CHILD'S EXCESSIVE SCREEN TIME AND GAMING DURING COVID-19

READ MORE



MARIJUANA: PARENTING FOR PREVENTION

READ MORE



COVID CRAZY? FRESH IDEAS FOR FAMILY FUN

READ MORE





Instagram, LinkedIn & Facebook

- Follow and “Like” Us on Insta and Facebook @operationparent
- Be the first to know about upcoming Webinars (notifications)
- Share powerful graphics/info about topics concerning your community.
- Engage your community by sharing FREE webinar opportunities through your own pages





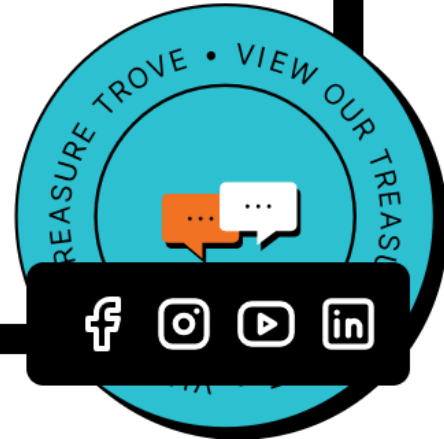
QUESTIONS



**CADCA
PRESIDENT**

**YOU HAVE A TREASURE
TROVE OF GOODNESS IN
YOUR HANDBOOK—YOU
LITERALLY COVER IT ALL.
I LOVE IT.**

GENERAL BARRYE PRICE



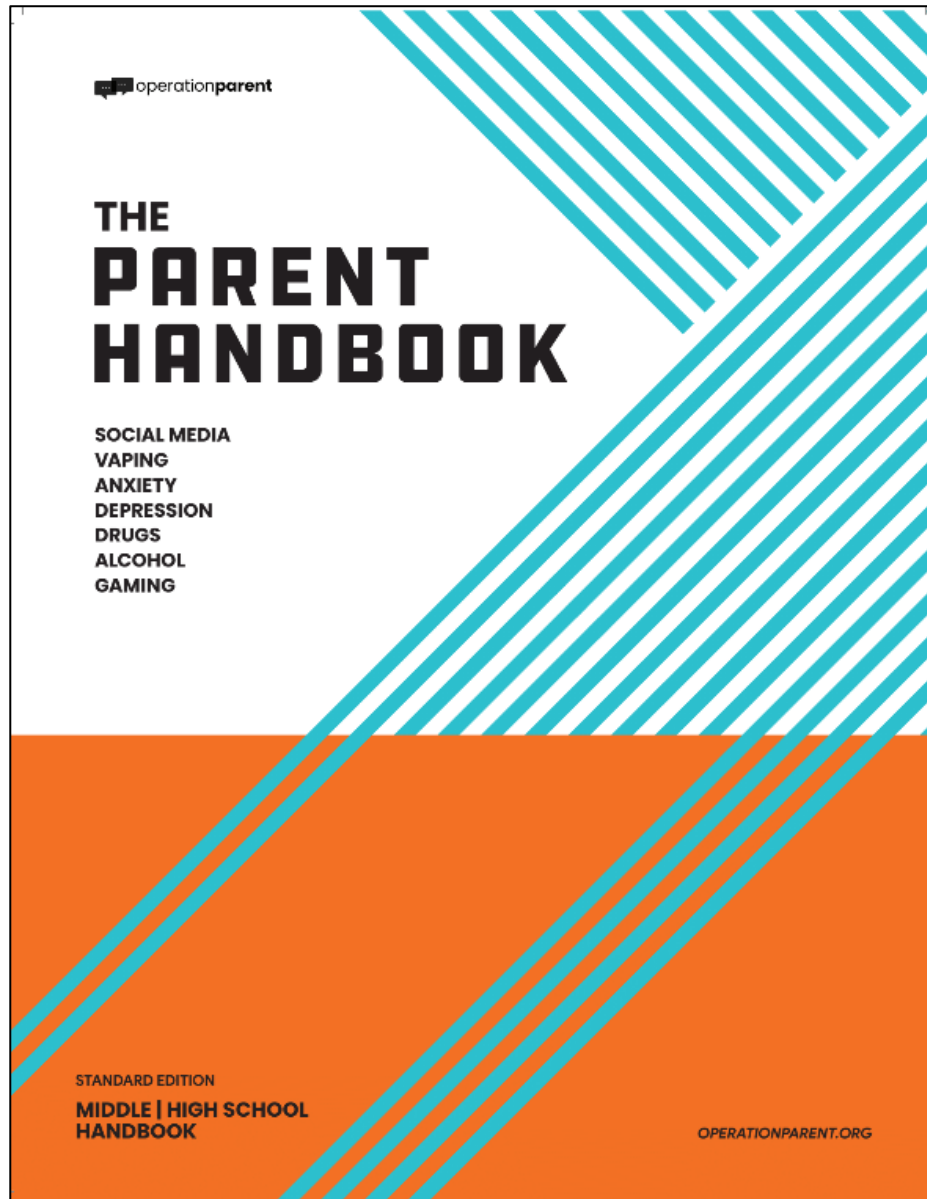



Table of Contents

01 A Call to Parents	49 Emotional & Mental Health
02 Your Role, Rights & Responsibilities	51 Anxiety
05 Your Child's Brain	53 Depression
07 Communication Tips	55 Suicide
	57 Self-Harm
	60 Eating Disorders
09 21st Century Technology	61 Risky Behaviors
11 Screen Time	63 Bullying
15 Social Media & Apps	64 Cyberbullying
19 Sexting	67 Dating & Dating Violence
21 Porn	68 Parties & Sleepovers
24 Exploitation & Abuse	
25 Gaming	
29 Alcohol, Nicotine & Drugs	
31 Alcohol	
35 Tobacco, Nicotine & E-Cigs	
39 Vaping Marijuana / Cannabis	
43 Prescription & OTC Drugs	
45 Opioids	

HANDBOOK
BIBLIOGRAPHY



*Also available in Spanish and Christian Editions

(Middle/High)



CHAPTER 3
ALCOHOL, NICOTINE,
AND DRUGS

ROLE

When it comes to alcohol and drugs, our role as parents is to protect. Here are a few ways:

- Secure or remove any alcohol or drugs in your home.
- If addiction runs in your family, talk to your child about this predisposition and its implications.
- Make sure your child knows that they can call you anytime they need an “out” if alcohol or drugs are offered at a party, school event, etc.
- Role play with your child on how to say “no” if offered drugs or alcohol.

RIGHTS

- You have the right to establish a zero tolerance for underage substance use based on the science of brain development.
- You have the right to live in a drug-free home.
- You have the right to search their bedroom, backpack, vehicle, etc. for alcohol and drugs at any time.
- You have the right to have your child drug tested if you suspect use.
- You have the right to contact law enforcement if you are aware of adults who are providing alcohol or drugs to minors.

RESPONSIBILITIES

You are responsible for communicating a zero-tolerance position regarding underage drinking and substance use.

- You are responsible for the activities that take place in your home when you’re there and not there.
- You are responsible for calling parents who are hosting parties to confirm their presence and supervision.
- You are responsible for modeling healthy coping skills and helping them develop their own.
- You are responsible for getting your child assessed by a professional if you suspect drug or alcohol use.

WHERE DO TEENS GET THEIR ALCOHOL?

- Nearly 72% of teens who drink get their alcohol for free. (FTC Consumer Advice, 2013) Getting it from friends or family, at parties, or by taking it without permission.
- Those teens that do pay, are giving money to someone else to purchase the alcohol. (FTC Consumer Advice, 2013)

PREVENTION STRATEGIES: WHAT CAN PARENTS DO?

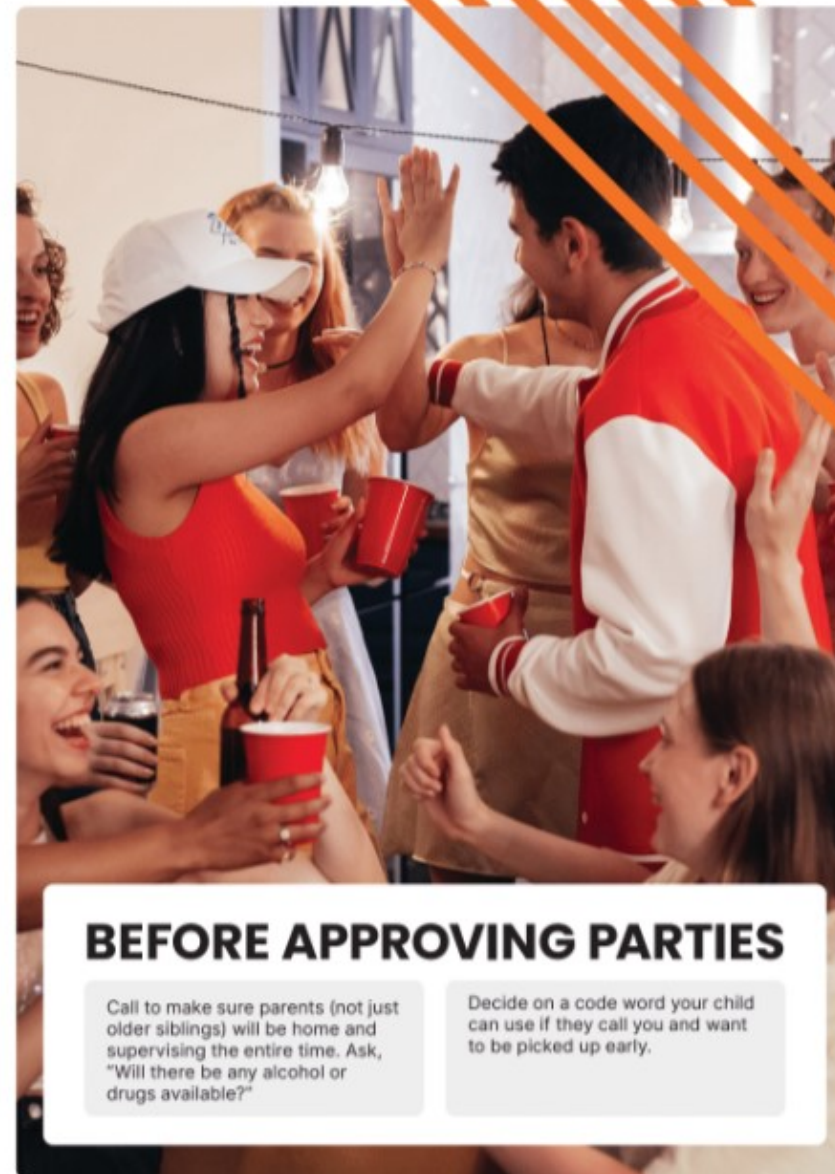
Talk early and often!
When kids know where their parents stand on alcohol, they are more likely to adopt/respect those beliefs.

Be clear and consistent
when setting expectations and enforcing rules.

Be honest with your kids about their family history of alcoholism and addiction.

Make sure any alcohol in your home is accounted for and even locked up. Unmonitored alcohol can be a temptation for any young person.

Get to know your child's friends and their caregivers. Collaborate with their parents to ensure your children are where they are supposed to be, and safe!



BEFORE APPROVING PARTIES

Call to make sure parents (not just older siblings) will be home and supervising the entire time. Ask, "Will there be any alcohol or drugs available?"

Decide on a code word your child can use if they call you and want to be picked up early.

Vaping (Middle/High)

TOBACCO, NICOTINE & VAPING

What exactly is tobacco? A plant with leaves that contain a high level of the addictive chemical, nicotine. Typically cured by a process of drying and fermentation for smoking and chewing.

What is Nicotine? An addictive poisonous chemical found in tobacco. When it enters the body through tobacco products, it causes increased heart rate, and can induce a sense of well-being and relaxation. Teens and Preteens most commonly consume tobacco through e-cigarettes/vaping.

Is vaping safe for my teens? The answer is a resounding NO! The American Lung Association is very concerned that we are at risk of losing another generation to tobacco-caused diseases as the result of vapes/e-cigarettes.

Don't worry! It is never too late to talk to your teen about the dangers of vaping. It is vital to teach them what vaping is, what vapes do, and why they should not use them.

VAPING STATS

MOST COMMON REASONS KIDS VAPE (AMERICAN LUNG ASSOCIATION, 2023)



Among current youth e-cig users, 1 in 4 use them daily. (FDA, 2022)

16.5% of high school students and 4.5% of middle school students reported current use of e-cigarettes. (FDA/CDC, 2022)



Almost 85% of current e-cig users use flavored e-cigs. (FDA, 2022)



CANNABIS/MARIJUANA

THE MOST COMMON WAYS TO USE:

- Smoked in joints (like a cigarette), in blunts (cigars), or in bongs (like pipes).
- Vaped using devices like vape pens or other vaporizers along with cannabis liquid extract.
- Mixed or infused into foods or drinks (edibles) like cookies, cakes, brownies, teas, and alcohol.
- Dabbing (similar to vaping) is when a waxy concentrate of marijuana (hash oil, dabs, wax, butter), is heated to create a vapor to inhale. Dabs can have as much as 90% THC concentrate! (Partnership to End Addiction, n.d.)

DANGERS OF MARIJUANA ABUSE (CDC, 2021)

ADDICTION

- Rise in THC potency = Rise in addiction rate
- 1 in 6 teens who use marijuana regularly, become dependent

LEARNING

- Developing teen brains are more susceptible to the harmful effects of marijuana and THC.
- Interferes with parts of the brain used for memory, learning, attention, coordination, decision-making and reaction time.
- Compared with teens who do not use, those who do are more likely to quit high school.

DRIVING

- Impairs judgement, alertness, concentration, coordination, and reaction time

MENTAL HEALTH (NIDA, 2020)

- High potency THC is linked to temporary psychosis (not knowing what is real, hallucinations, and paranoia).
- Link between cannabis use and other mental illnesses and self-harm behaviors.

KNOW THE FACTS

FORGET THE MARIJUANA OF THE 80'S AND 90'S! PARENTS/ CAREGIVERS OFTEN AREN'T AWARE THAT THE AMOUNT OF THC IN MARIJUANA IS INCREASING.

THC is the mind-altering chemical that makes the user "high".

When vaped or dabbed, these THC levels are significantly higher.



Marijuana comes from the cannabis plant, and is a dried mixture of the stems, flowers, seeds, and leaves, all of which contains over 100 compounds, including THC. (CDC, 2021)

08%
8TH GRADERS

19%
10TH GRADERS

22%
12TH GRADERS

percentages reported last-year marijuana vaping (CDC, 2021)



In 2019, 4 in 10 high school students reported using marijuana in their lifetime. (CDC, 2021)



Drugs (Middle/High)

OPIOIDS

WHAT ARE OPIOIDS?

- Opioids are a group of drugs that include synthetic opioids (fentanyl), illegal drugs (heroin, illicit fentanyl), and legal powerful prescription pain relievers.
- Some prescription opioids are made from the opium poppy plant while others are made in laboratories. Misuse of legal or illegal fentanyl is dangerous and leads to addiction and dependence, and sometimes even overdose. (SAMHSA, 2020)
- Prescription opioid misuse includes taking medication prescribed to someone else, using medication in a way not prescribed, taking meds to feel high, or mixing medication with other substances.

COMMONLY USED PRESCRIPTION OPIOIDS INCLUDE:

- Hydrocodone (Vicodin®)
- Oxycodone (OxyContin®, Percocet®)
- Morphine (Kadian®, Avinza®)
- Codeine
- Fentanyl

COMMON NON-PRESCRIPTION OPIOIDS:

- Heroin
- Illicit fentanyl

4 EASY WAYS KIDS GET HOOKED ON OPIOIDS:

- Wisdom teeth removal
- Sports injury
- Grandparents' medicine cabinet
- Friends share pain medications

TRENDS:

- Research shows that individuals who are prescribed opioids prior to graduating high school are 33% more likely to misuse prescription opioids after graduating. (SAMHSA, 2020)
- In 2021, approximately 80,411 people in the U.S. died from overdose involving an opioid. (CDC Wonder, 2021)
- Opioid misuse rates are increasing for those ages 18-25. (SAMHSA, 2020)

FENTANYL

WHAT IS IT?

- A deadly synthetic opioid being made into fake pills or cut into other street drugs to drive addiction.
- Fentanyl is 50-100 times stronger than morphine.

WHAT DOES IT LOOK LIKE?

- Illicitly produced fentanyl can be in a liquid or powder form. It is also pressed into fake pills made to look like OxyContin®, Xanax®, Adderall®, and other pharmaceuticals.
- Rainbow fentanyl are fake pills made in a rainbow of colors.

WHY IS FENTANYL SO DANGEROUS?

- Many people may be unaware that their drugs are laced with fentanyl.
- Six out of ten fake pills with fentanyl contain a potentially lethal dose.
- Drug traffickers use social media to advertise drugs/pills and conduct sales.
- It is VERY accessible to our kids.

WHAT TO DO?

- Talk to your child about the dangers of fentanyl, and fake pills. Let them know to only take medicine prescribed by their doctor. (Even taking a pill from a friend is risky because their friend may not know the true source.)
- Learn more about fentanyl and emoji codes used on social media, at www.dea.gov/onepill.



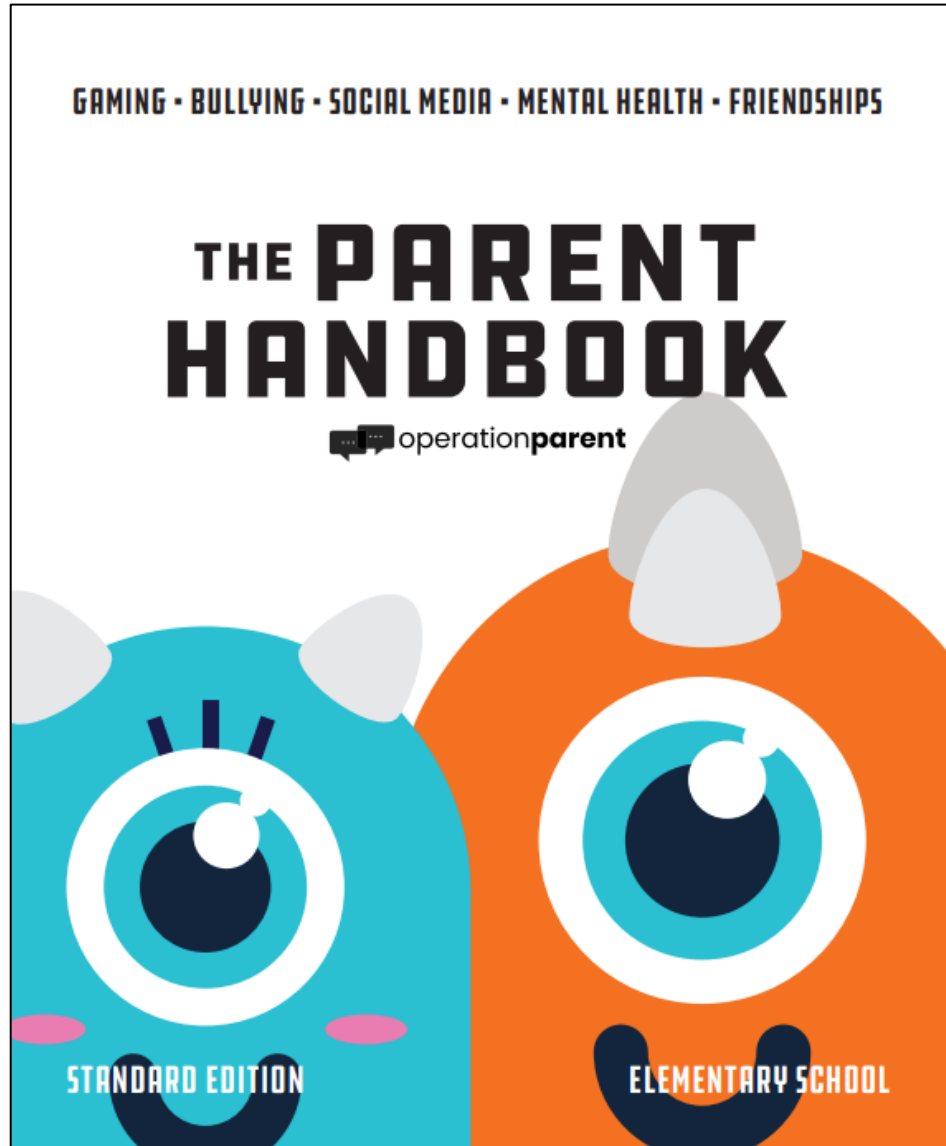


Table of Contents

A Call to Parents	Emotional & Mental Health
03 Beginning the Journey	31 Coping Skills
05 Your Parental Responsibilities	33 Trauma & Adolescent Development
	35 Coping with School Shootings
	37 Home Life
	39 Mental Health
	43 How Do I Help
21st Century Technology	Friendships & Behaviors
11 Cell Phones	47 Friendships
13 Social Media	49 Sleepovers
15 Gaming	51 Bullying
19 Healthy Tech Habits	55 Resolving Issues at School
21 Conversation is Key	
	*57 Social Media Contract
Alcohol, Nicotine & Drugs	
25 Your Influence Matters	
26 Facts about Fentanyl	
27 Marijuana	
28 Vaping	

Elementary Standard Edition

*Also available in Spanish and Christian Editions

Your influence matters.

**When do kids start experimenting?
Yikes! Much sooner than you think!**

Studies show that kids start experimenting with drugs and alcohol as early as 4th or 5th grade. The American Academy of Pediatrics recommends talking about the dangers of alcohol at 9 years of age. It often takes parents two years to discover a child's drug habit, which means your child could actually become addicted before starting high school.

Teenagers cite their parents as one of the largest influences in their decision NOT to use drugs, so now's the perfect time to start talking and establishing your family belief system on underage drinking and drug abuse.

Your child is constantly exposed to messages that make drugs and alcohol look like fun, that everybody uses them, and that they are perfectly safe. Don't let the media be the only message your child hears. Kids don't realize that getting high on prescription and over-the-counter drugs is not safer than getting high on illegal street drugs, and it can be just as addictive. Speak up! Speak often.

Your Child's Brain — Under construction and off limits!

Did you know drug use can cause physical changes in the brain and damage, or even kill, brain cells? For instance, if alcohol is introduced while the brain is still developing, its development can be altered forever. There's no going back and fixing this. Experimenting with drugs and alcohol should always be off limits.

The Facts about FENTANYL

Fentanyl is a synthetic opioid that is up to 50x stronger than heroin and 100x stronger than morphine. According to cdc.org, it's a major contributor to drug overdoses in the U.S. Illegally manufactured fentanyl is very inexpensive to produce and is often found lacing other drugs in deadly doses. Parents need to teach their children to NEVER take any pills/medicine from anyone but their parent(s) or a medical professional.

Action Item

Talk to your elementary-aged child about how some medicines and pills are dangerous. They need to know that they should NEVER take any medicine that isn't given to them by a parent or medical professional (like their school nurse).



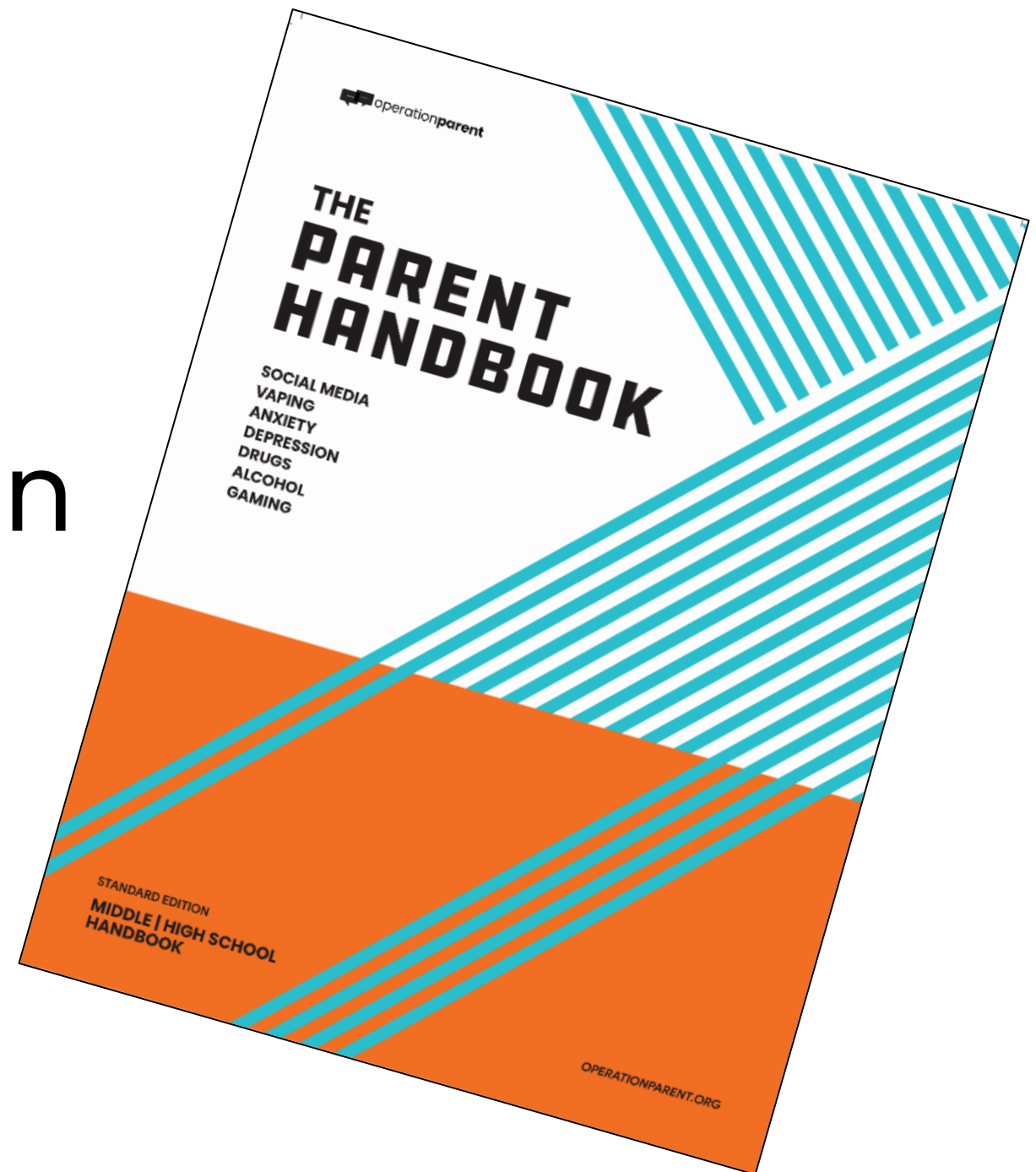
eBooks- Middle/High and Elementary

- Standard Edition
- Spanish Edition
- Christian Edition





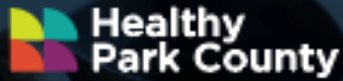
How have our handbooks been used in communities?



Where to Distribute Our Resources?

- Schools
- Youth Groups
- County Fair
- Blessings in a Backpack
- Patrol Cars w/ Officers
- Pediatric Offices
- Narcan Training
- Social Workers
- Casa
- Family Court Judges





**Not sure how to
talk about drinking
and drugs
with your child?**

0
288
576
864

Request a Free Parent Handbook

Topics include: social media, dating, marijuana, vaping, anxiety, bullying, screen time and more.



Scan here or visit
healthyparkcounty.org



Crisis & Support Lines | Mental Health Professionals | Resources & Tools



QUESTIONS



What is TNT?

The Purpose of TNT is to...

- **Engage**
- **Equip**
- **Encourage**



The manual will walk you through...

- **Planning your event**
- **Promoting your event**
- **What's included in the toolkit**



TNT

WHAT'S IN THE BOX



5 Drug Fact Posters



20 T-shirts



Social Media Assets



5 Promotional Posters
& Printable Flyer



2 Planning Manuals

Alcohol

3 million people die every year
from the harmful use of alcohol.

(WHO.gov)

Frequent drinking creates a higher risk for
depression, anxiety and low self-esteem.

(NIH.gov)

Tips to say “no”

“My parents will ground me for a
month.”

“I’ve got stuff to do early tomorrow
morning.”

Vaping

99% of vapes / e-cigs contain nicotine, even if the package says 0% nicotine.

(WHO.gov)

Teens who vape are more likely to start smoking cigarettes.

(SAMHSA.org)

Tips to say “no”

“No thanks. My cousin got really sick after vaping once. It was disgusting.”

“I’m good. I don’t want that stuff in my lungs!”

Marijuana

1 in 6 teens who use marijuana regularly become dependant.

(NIDA.gov)

When teens vape marijuana, they're putting 2 important organs at risk: their brain and their lungs.

(drugfree.org)

Tips to say “no”

“No thanks. I want to keep a clear head.”

“I’m good. The smell makes me sick.”

Prescription Drugs

Prescription drug misuse/abuse is when someone takes a medication inappropriately (without a prescription).

(SAMHSA.gov)

Prescription drug misuse is the fastest growing drug problem in the U.S.

(SAMHSA.gov)

Tips to say “no”

“I only take what my Doctor says I need!”

“No thanks. I don’t know where that came from.”

Fentanyl

Friends may not know their
drugs are laced with fentanyl. One
pill can kill.

(CDC.gov, DEA.gov)

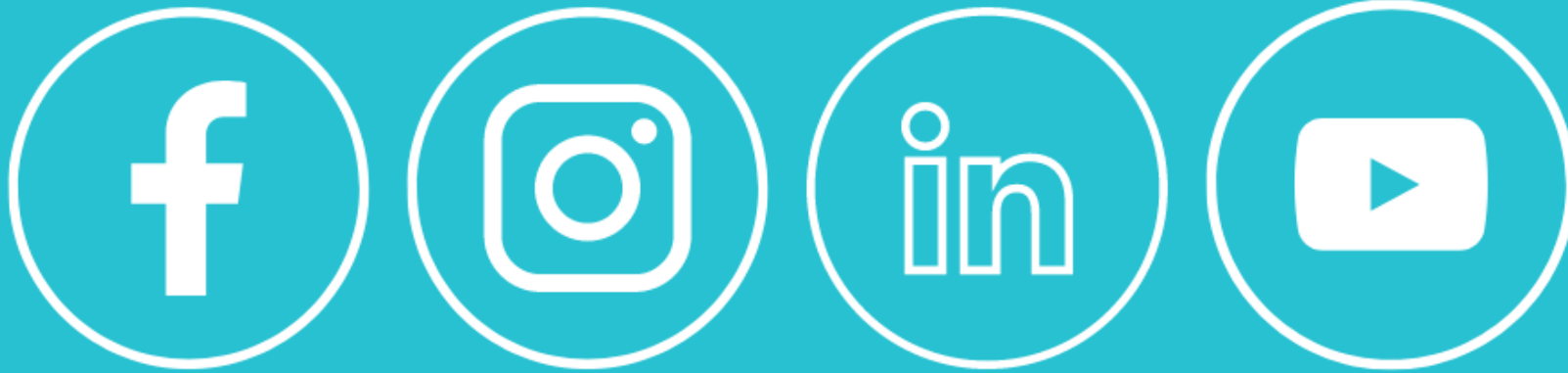
Over 150 people die every day from
overdoses related to drugs like fentanyl.

(CDC)

Tips to say “no”

“I’m not taking anything that’s not
from my pharmacy. That’s super
risky!”

“No way! You’ve gotta be careful too!
One bad pill could end your life.”



@operationparent

**Follow us on social media to stay up to date on our new
webinars and for more parenting support**



QUESTIONS



Jean@operationparent.org

Aly@operationparent.org