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| **September Parenting Newsletter!**

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| **Parents:  Are You Ready for "Back to School"?**Getting ready for the upcoming school year isn’t all about notebooks, brand-new clothes or lunchboxes. It’s also about preparing your child for a new transition and laying the foundation for good communication.As your son or daughter meets different friends, encounters unfamiliar social situations, and is exposed to pop culture and media, questions about alcohol and other drugs will inevitably come up.To help parents, we have compiled this virtual backpack. It’s filled with tools for talking, listening and improving your overall communication when your child has questions about alcohol, tobacco, vaping and other substance use.  You will be the one he or she turns to.**1. Prevent Drug Use at Every Age.**From preschool to young adulthood find out [prevention tips for every age](https://drugfree.org/article/prevention-tips-for-every-age/).**2. Learn about Drugs in Your Teen’s World.**This [Drug Guide](https://drugfree.org/drug-guide/) will help you learn the facts, and warning signs.**3. Set Limits.**While your teen’s judgment skills are developing, he/she needs you to keep her safe by [setting limits to monitor your teens behavior](https://drugfree.org/article/set-limits-monitor-your-teens-behavior/),  backed up with firm consequences.**4. Become a better listener.**Learn [how to listen](https://drugfree.org/download/how-to-listen/). Then download and take this [quiz](https://drugfree.org/download/talking-active-listening-with-your-teen/) to see how good you are!**5.  Talk about Marijuana.**Find out how to have meaningful, productive conversations with your teen about marijuana and [download the marijuana talk kit](https://drugfree.org/download/marijuana-talk-kit/).  **6. Help end Medicine Abuse.**More teens are abusing [prescription medicine](http://medicineabuseproject.org/what-you-can-do?utm_source=newsroom%20&utm_medium=post&utm_campaign=Back-to-school%20survival%20guide-%20medicine%20abuse%20what%20you%20can%20do) than ever. Here’s what you can do to help.**7. Write a**[contract with your kids](https://drugfree.org/download/write-a-contract-with-your-kids/)**.**Establish rules (in writing) about alcohol and other drugs.Thanks to Partnership For DrugFree Kids |

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| **Another List!  Top Ten**[Back-to-School Tips](http://www.challengesuccess.org/parents/back-school-tips/)1. Ask your child: “How was your day? Learn anything interesting? Get to spend time with friends?” instead of “How did you do on the math test?”2. Resist the urge to correct the errors in your child’s homework. It’s your child’s work, not yours.3. Work done with integrity is more important than an A. Pressure to achieve only high grades can make students resort [to cheating](http://www.challengesuccess.org/wp-content/uploads/2015/07/ChallengeSuccess-AcademicIntegrity-WhitePaper.pdf).4. Make time for PDF: playtime, downtime, family time. [Research shows](http://pediatrics.aappublications.org/content/119/1/182.short) PDF is critical for overall well-being.[5. Create a technology-free environment during mealtimes](https://www.commonsensemedia.org/device-free-dinner). Every adult and child can benefit from a break from constant interruptions and distractions.[6 Collaborate with your child’s teachers](http://parentandteen.com/6-tips-for-working-together-with-your-teens-teacher/). Assume best intentions and work together to solve problems.7. Fight the temptation to bring your child’s forgotten homework to school. Kids gain resilience by learning from small failures.8. An extra hour of sleep is more valuable than an extra hour of studying. [Research shows](https://adaa.org/understanding-anxiety/related-illnesses/sleep-disorders) sleep deprivation can be associated with depression and anxiety.9. When your child wants to talk, stop what you are doing and engage. Does “I hate school!” really mean something else: “I am being bullied.” or “I don’t fit in.”10. Help your child [develop his or her interests and strengths](https://eric.ed.gov/?id=EJ868721). Discover what your child really loves to do, not what you think a college admissions officer would like to see on an application. |

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| **Surgeon General's Advisory on E-cigarette Epidemic Among Youth**U.S. Surgeon General Vice Adm. Jerome M. Adams issued an advisory stressing the importance of protecting children from a lifetime of nicotine addiction and associated health risks by immediately addressing the epidemic of youth e-cigarette use.E-cigarette use among youth has skyrocketed in the past year at a rate of epidemic proportions. According to data from the Centers for Disease Control, the percentage of high school-age children reporting past 30-day use of e-cigarettes rose by more than 75% between 2017 and 2018. Use among middle school-age children also increased nearly 50%.Data from National Institutes of Health’s Monitoring the Future survey also shows that America’s teens reported a dramatic increase in their use of e-cigarettes in just a single year, with 37% of 12th graders reporting use in the past 12 months, compared to 27.8% in 2017.“We need to protect our kids from all tobacco products, including all shapes and sizes of e-cigarettes,” said Adams. “Everyone can play an important role in protecting our nation’s young people from the risks of e-cigarettes.”[Vaping Toolkit for Parents](https://drugfree.org/newsroom/news-item/partnership-for-drug-free-kids-launches-vaping-resource-for-parents/) |

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| **National Suicide Prevention Month**This September, join us in sharing the ways that our communities can [#BeThe1To](https://www.bethe1to.com/?_ga=2.143118325.1526123806.1567460991-1896678177.1567460991)help someone through crisis. |

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