

1 in 3[¥]



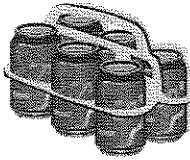
12th graders have ridden with a drinking driver in the past 30 days.

2 in 5[∞]



teens can resist negative peer pressure and dangerous situations.

2 in 5[¥]



10th graders feel it is important not to drink as a teenager.

3 in 10[¥]



12th graders got drunk in the past 2 weeks.

1 in 2[¥]



10th and 12th graders don't think marijuana is dangerous 1-2x/week.

1 in 4[∞]



10th graders have felt sad or hopeless for 2 weeks or more in the past year.

What are our kids telling us? IN RECENT SURVEYS, YORKTOWN YOUTH SAID...

1 in 2[¥]



teens feel good about themselves, and say that they have control over things in their own lives.

7 in 10[¥]



teens say their family gives them plenty of love and support.

1 in 3[¥]



teens say their families have clear rules and consequences, and their parents know their whereabouts.

1 in 3[¥]



teens feel they can talk to their parents about difficult topics (like drinking, sex, drugs, etc.).

Tips for Positive Communication

- **Listen without judgment** and without solving things for them (unless they ask!). Sometimes *just listening* is enough.
- **Validate their feelings**, regardless of what they're doing or saying (you sound really angry, I can see that frustrates you).
- **Heap praise upon them** for doing well, even for simple things that 'they should do anyway'. Research shows children do best when they hear 5 compliments to every criticism.
- **Have fun together** Go bowling, get ice cream, go for a walk. Or even do chores or projects together. Some of the best conversations happen when you're busy doing other things.
- **Tell them you love them** At least once a day. Words, a hug, a smile, a note in the backpack—it all carries the same message. But *say the words* too!

Tips to Help Your Children Avoid Alcohol & Drugs

- **Make clear expectations.** Tell your child in very clear terms that you don't want him/her to drink or take drugs at all; share some possible consequences you will implement if they do (loss of phone, TV, grounded, etc.).
- **Share information about drugs & alcohol** with your teen. Offer to answer questions, share info, look things up together. It is best if they ask you questions, rather than their friends.
- **Meet the parents of your children's friends.** Find out their ideas (and share yours) on teen drinking, parties, etc.
- **Call the "host parent."** If your child is going to a party, call the "host" parent to confirm that an adult will be present. Offer to bring something as an excuse for calling.
- **Provide healthy "risky" activities** such as rock climbing, go-karting, laser tag, or even capture the flag. Teens are hard-wired to take risks and will seek it out when they don't have it.
- **Seek professional help** if your son or daughter is having substance abuse issues.

Local Resources

Arlington County, Child and Family Mental
Health & Substance Abuse Services
703-228-1560

APS Substance Abuse Counselors

- Williamsburg/HB/Jefferson Middle Schools
Siobhan.Bowler@apsva.us
- Gunston, Kenmore, Swanson Middle Schools
Jennifer.Sexton@apsva.us
- Wakefield High School -
Edgardo.Mercado@apsva.us
- Washington-Lee High School -
Maria.Ceballos@apsva.us
- Yorktown High School -
Mila.Vascones@apsva.us
- H-B Woodlawn -
Siobhan.Bowler@apsva.us
- Langston Continuing Ed Program -
Maria.Ceballos@apsva.us
- Arlington Community High School -
Edgardo.Mercado@apsva.us

Online Resources

Arlington READY Coalition (Reduce or Eliminate
Alcohol and Drug use among Youth)
readycoalition.org

Arlington Partnership for Children, Youth, and
Families
www.apcyf.org

Substance Abuse and Mental Health Services,
Underage Drinking:
www.samsha.gov/underagedrinking/

Parent Further, a resource for families:
www.parentfurther.org

A Parent's Guide to the Teen Brain:
teenbrain.drugfree.org

The Parent Toolkit, a drug and alcohol
prevention resource for parents:
theparenttoolkit.org
theparenttoolkit.org/es/ (Spanish!)

Questions? Contact

Introducing... the Please Hear Me Out card!

Here are a few tips that can help when your child presents the card to you:

- **Thank them for coming to you.** This is exactly what you want – them sharing their concerns and questions!
- **Ask neutral, open-ended questions.** Open up the conversation!
 - o Can you say more? (easy to ask, non-judgmental)
 - o What do you think (or feel) about that?
 - o I wonder if there is another way to think about that? (this could be a way to move them towards a different way of thinking, without imposing it on them.)
- **Use Reflective Listening.** This can be VERY useful! Repeat back what they just said. It sends a clear message that you're listening AND gives you a moment to breathe and be mindful.
- **Suppress your surprise.** If it is a topic that really upsets you, do your best not to show it. Young people will test adult reactions to know if a topic is safe, or not. A calm response tells them it is safe to talk about this. Once a parent indicates that a topic is taboo, a child will not bring it up again. Ever.

The card reminds:
Parents (and other adults) to listen and be supportive when your child has a question, problem or issue.
Teens to talk to a trusted and caring adult about a difficult topic, concern or issue.

Why this? Why now?



One in three (29%) of Arlington teens (8th, 10th & 12th graders)* feel comfortable talking to parents or caregivers about difficult topics (alcohol, dating, sexual activity, drugs etc.)



Parents and caregivers are THE primary sources of information for young people and the most powerful prevention measure



As teens talk (and listen) to their parents, risky behaviors drop, and Developmental Assets® rise!



HELP ME FEEL SAFE TO TALK

PLEASE HEAR ME OUT

I have a question or problem that might make you upset. So even though I'm still responsible for my actions, by accepting this CARD you agree to "LUV-Listen" and support me, staying calm and helping me find answers or solutions.

For information and resources on communication at home, visit www.apcyf.org
 Based on the Problem Pass, created by Karol Kumpfer, PH.D. and MADD

LUV LISTENING

L – LISTEN without judgment, with your ears, eyes and heart to understand my situation. Try to put yourself in my place.

U – UNDERSTAND: Repeat back what I say in your own words to show understanding. Ask me respectful questions.

V – VALIDATE my feelings by expressing empathy, even if you disagree. Express confidence in my ability to find solutions.

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Five Strategies to maintain a positive relationship with your child

Building a strong, close relationship with your child is important now, and as they grow. Our teens tell us that less than 1 in 3 teens feel that they can talk to their parent or caregiver about difficult topics*.

Our children are never too young, nor too old - building the relationship, and the communication, can start at any time. We offer these strategies to help you in this important work.

Make time for them



- Make time when they're ready to talk
- Share meals together
- Have them help with chores or projects

Listen without judgment



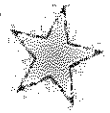
- Hear them before they hear you
- Ask questions to understand their thinking
- Listen for meaning in what they say (and don't say)

Recognize feelings



- Acknowledge and accept their feelings
- Teach them to label their feelings
- Model calm behaviors

Compliment them



- Tell them you love them - often
- Point out and thank them for good behavior, even minor things
- Notice and praise specific *efforts* ("You really worked hard on that project")



Support them with boundaries and expectations!

- Encourage their interests
- Turn struggles, failures, and mistakes into learning opportunities
- Have clear, consistent, and reasonable rules, expectations, and consequences

For more information, visit www.apcyf.org, or contact Michael Swisher at mswish@arlingtonva.us

*2015 Arlington Developmental Asset® Survey of 8th/10th/12th grade students

Give your child the gift of a conversation with the Please Hear Me Out card!



For more information, flip the page over ->

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