

Hood River County Prevention Department

Striving towards a healthy, safe and drug-free Hood River County through education, programs, and support for our children, families and community, based on a foundation of cultural humility, inclusion and equity.

Hood River County Prevention Department Alcohol, Tobacco & Other Drug Prevention Coalition (ATOD) meets the first Wednesday of each month. The Coalition focuses on increasing community perception of risk of substance use, changing social norms, and increasing healthy and safe activities.

Our three H.E.A.L.T.H. (Helping Educate, Advocate, and Lead Towards Health) Media Clubs at both Hood River and Wy'east Middle School and at Hood River Valley High School focuses on educating their peers and the community on youth tobacco, alcohol, marijuana use.

We provide free substance misuse and abuse education to adults and youth age 0-18. We partner with Wasco County YouthThink on the Toddler to Tween "Boost Camp" parent education workshops in English and Spanish. We have a "Teen Mock Room" presentation for parents to learn how kids are hiding their substance use in plain sight. We do community presentations on marijuana and e-cigarette use by youth, and we offer Youth Mental Health First Aid Training to community groups and organizations.

Check out our website: hoodriverprevents.com

Follow us on Facebook: [hoodriverprevents](https://www.facebook.com/hoodriverprevents)

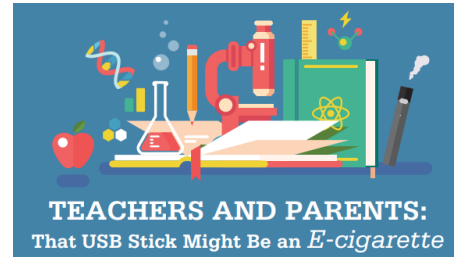
309 State Street
Hood River, OR 97031
541-386-2500



Tobacco & E-cigarette Information

Juul is the most frequently used e-cigarette. E-cigarettes are used with liquid nicotine or marijuana products.

When heated, the liquid creates an aerosol or vapor that users inhale. The chemicals are not regulated and have been linked to many adverse health effects.



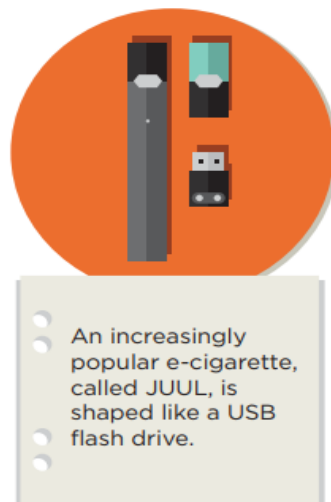
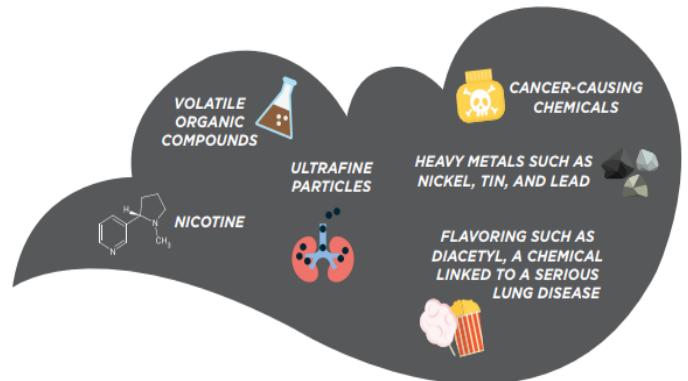
In 2018, according to the Oregon Student Wellness Survey, 26.6% of Hood River County 11th graders used an e-cigarette in the past 30 days.

One Juul pod is equal to one package of traditional cigarettes in nicotine content.

These devices are designed to be modified and turns chemicals into harmful vapor.

Vaping products are designed to be concealed and marketed to youth with over 7000 appealing flavors.

58.8 % of youth e-cigarette users, use cigarettes and e-cigarettes.



What Parents Can Do

1. Make your thoughts about vaping clear. Children assume you are okay with them vaping.
2. Teach youth the dangers and risks of vaping.
3. Don't ignore e-cigarette use! Speak to them about it!
4. Teach youth ways they can address peer pressure.

Parenting Tips



Talk

With Your Kids

Parents are the **#1** reason that kids don't drink. Teens still listen to their parents. In fact, parental disapproval is the **#1** reason that teens choose not to drink.

Parenting tops peer pressure. Around puberty, most children naturally begin to push away from their parents. It is a normal part of growing up. Because of this, many parents feel they've suddenly lost the ability to influence their teenagers. While parents may feel their teens are tuning them out and aren't listening to their advice, their teenagers are saying the opposite. So, as a parent keep talking. You make a difference!

It's simple to bond with your kids. Stay close to your kids, keep things simple like spending time with them, stay involved in their lives, play one on one with them, eat dinner as a family. Kids are 33% less likely to drink if they eat 5-7 times a week with their family.

Have daily positive interactions with your kids.

Spend time together. Take time to talk daily with your child about their interests and activities. Ask open ended questions, ask about their hopes, dreams, fears, and concerns.

Compliment.. Notice and compliment the good in your child. Try to give four positive comments to one negative. Make sure that your child knows that he or she is loved.

Parenting Tips (continued)

Have fun! Play a board game, go on a hike, or watch a movie. Do something that they enjoy.

Kids need help to stay drug free. Just talking with your kids about staying drug free when there are constant pressures and chances to use is not enough. You must stay involved in your child's daily activities and it isn't easy. However, staying involved really will make a huge difference in keeping your child drug free.

Monitoring. Be aware of the problem. At the 6th grade in Hood River County, students are reporting that their first drink of alcohol is occurring at 9.5 years. Parents are often not aware of their child's use of alcohol. In fact, in a national survey, 31% of kids who said they had been drunk in the past year had parents who believed their children were nondrinkers.



Stay

are the

side influences.

ment goes up, underage drink-
talking with your kids, the earlier the
eight isn't too early to begin the discussion.

Connected

It isn't being nose, it is being a good parent. Start early and continue. Parental monitoring drops off by half between 6th and 12th grades right when they most susceptible to out-

When parental involve-
ing goes down. So start
better. Experts say age

Building Resilience

Resilience is our ability to cope in the face of adversity, trauma or stress. This is something we begin to learn in childhood.

Here are some tip tips for helping children build resilience.

- ❖ Remember, bad feelings don't last, have a purpose and prompt us to do things differently.
- ❖ Try to normalize setbacks. Help your child to see that it is not unusual to have difficulties in life.
- ❖ Help them to see that problems can be solved.
- ❖ Encourage young people to keep things in perspective — the problem is usually confined to only one part of their lives.
- ❖ Remember the value of humor — laughing can be a great release (but only if it is well intentioned).
- ❖ Encourage children / young people to accept responsibility for their actions.
- ❖ When reading stories, or discussing events, point out how people manage to overcome difficulties.
- ❖ Remember that learning is often frustrating. Encourage children / young people to persist and believe they can get there.
- ❖ Provide support. Help them to see there are people who care about them and can give them help and advice when needed.
- ❖ Create a positive environment emphasizing the importance of relationships and having a sense of purpose.



What's Your Message?

Helping you raise healthy children in a culture of alcohol or drug use.

Do you talk yourself out of being worried? The warning signs of teen alcohol and drug use can easily be credited to other things. For example: “He’s been working so hard, no wonder he can’t stay awake.” “I swear I had a \$20 bill on my dresser, but maybe I spent it and forgot.” “I guess I make her friends uncomfortable because they never want to hang out at our house.” **Have you noticed these warning signs?**

- ➡ Skipping classes or not doing well in school.
- ➡ Anger or lack of cooperation.
- ➡ Physical changes (red eyes, runny nose).
- ➡ Asking for money or suddenly having extra cash.
- ➡ Lack of interest in activities.
- ➡ Major mood changes.
- ➡ Loss of interest in own appearance.
- ➡ Change in friends.
- ➡ Heightened secrecy about actions or belongings.

Do you use teachable moments? It’s awkward to have “the talk”, however it’s easy to talk while watching TV. Saying, “do you really think she would have made that bad decision if she hadn’t been using drugs?” or “That crash is exactly why I will never drink and drive and expect you not to either” can make your values and rules very clear on an ongoing basis and your child will be less likely to use alcohol or drugs.

Stop

Take inventory of your child’s well-being, activities, and sense of self.

Look

At who your child spends time with and what influences s/he is exposed to.

Listen

To him or her.
Talk often.

Call

For advice, support, and assistance.

Top Tips for Dealing with Bullying

It can be really distressing to discover that your child is being bullied.

No parents like to think their child will be bullied, but sadly, many children do experience bullying in their lifetime. If you do find yourself dealing with your child being bullied there are things that you can do to help.



Listen and Reassure

Put your own feelings aside and listen to what your child is telling you when talking about bullying. Allow them to explain what is happening and accept what they are saying. Praise your child for telling you and let them know they did the right thing getting help. Make sure your child knows this isn't their fault, and reassure them that they are loved and valued.

Find out the facts

Repeat back to them what you have heard from them about the bullying to show you have listened and ask your child how they want to move forward. If they feel involved in deciding what to do they will be less likely to become more stressed or anxious than they already are.





Stay calm

Try to remain calm and not overreact. Your child may be really worried about telling you they are being bullied and could be scared that your reaction will make things worse.

Talk to your child's school or club

Schools have a responsibility to protect students from bullying. Talk to them whether it's happening in or out of school. If the bullying is happening at a youth club, speak to the leader in charge. Arrange a meeting, bring an evidence you have of the bullying and express the impact it's having on your child. You might want to jot down notes from what is said at the meeting. Ask for a copy of the school's Anti-bullying policy and ask what action will be taken making sure everyone is in agreement with what should be done. Arrange to meet again to be updated of any progress.

If your child is the bully

If your child is being accused of bullying you may be in disbelief but listen to what the other parent or teacher has to say. Talk to your child about the seriousness of this, explain the consequences that bullying can have to your child and agree on a plan for acceptable behavior.

Youth & 'Screen Time'



Using any electronic media before the age of two should be avoided, even if it's only for a few minutes.

- Many young people spend six or more hours a day watching TV, using social media, playing video games and surfing the internet!
- Experts suggest when it comes to your health, limiting screen time is best.
- You don't have to give up social media but balance screen time with physical activity and other healthy things, like sleep and in-person social time
- A limit of one hour per day should be the rule for those between ages two and five and the emphasis should be put on educational sites or applications that promote interactions between the parent and child.
- Electronic media should continue to be limited as the child gets older. A maximum of one hour, besides schoolwork, must be observed for good eye health.
- A two-minute break after every 30 minutes of device use will also lessen harmful effects and exposure to a device should be avoided at least one hour before sleep.
- Children should also get a minimum of 45 minutes of daylight per day. They can get this by walking to school or participating in such activities as regular outdoor sports



Resources & References

Below are resource and reference sites for the information in this booklet. You may also contact our office at 541-386-2500 for assistance and / or information.



The U.S. Surgeon General's Advisory on E-Cigarette Use Among Youth & Young Adults: <https://e-cigarettes.surgeongeneral.gov/>

If your child vapes or smokes: <https://teen.smokefree.gov/>

For information on how to talk to your child(ren) about drugs: <http://parentsempowered.org/>

For more information on underage drinking visit: <https://www.samhsa.gov/underage-drinking>

Call 1-855-DRUGFREE (378-4373) — Partnership For Drug Free Kids

For help to address your child's substance use: <https://drugfree.org/article/get-one-on-one-help/>

For information on developing resilience visit: <https://www.apa.org/topics/parenting/resilience-tip-tool>

For Resilience Tips: <https://www.parentingni.org/>

If you think your child is using drugs: <https://www.getsmartaboutdrugs.gov/family/signs-of-drug-use>

For the KnowBullying app visit: <https://store.samhsa.gov/apps/knowbullying>

For more bullying prevention information: <https://www.stopbullying.gov/>

For more information on kids and 'screen time': <https://medicalxpress.com/news/2019-02-screen-linked-epidemic-myopia-young.html>

For Screen Time Tips visit: <https://www.familyeducation.com/life/kids-cell-phones/8-quick-tips-curbing-your-familys-screen-time?slide=1#fen-gallery>

For Oregon Student Wellness Survey data visit: https://oregon.pridesurveys.com/dl.php?pdf=Hood_River_Co_2018.pdf&type=county