

SUMMER

IS NEARLY HERE!

Tips to Help Youth Stay Healthy and Safe

During the summer months, kids have more unstructured time. As parents and caregivers, you can help them find healthy activities to do with their friends and family members.

Know Where They Are Going And Who They Are With

- Is your teen working a summer job? Help them navigate new relationships with adult co-workers.
- Are they caring for younger kids, like babysitting or working as a camp counselor? Encourage them to be role models.
- Establish expectations about making smart choices, staying safe, and adhering to curfew.



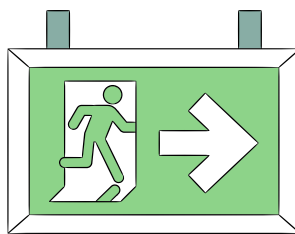
Encourage Healthy Activities and Relationships

- Provide opportunities to be active and outdoors.
- Set limits around screen time.
- Reinforce the importance of having friends who value your child for who they are.
- Remind your child that friends help each other make healthy choices.



Be Prepared Together

- Create a plan with your child so they know how to avoid or get out of a risky situation. Practice refusal skills and have an "exit" plan.
- Be a safe adult for the young people in your life.



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PREVENTION IS A HEALTH PRIORITY

- Establish a clear expectation of no substance use for their health.
- Get-togethers with family and friends can serve as opportunities to talk with your child about substance use. Be ready to have conversations if an adult they know "overindulges".

Click here to take the *Stress-Joy-Social Check-In*



What do you do in moments of stress, joy, and sociability?



 **One Choice** www.OneChoicePrevention.org

THE ONE CHOICE 5

Youth Substance Use Prevention Basics

- 1 KNOW THAT YOUTH SUBSTANCE USE IS NOT INEVITABLE**
- 2 BE BRAIN DEVELOPMENT SAVVY**
- 3 BE SUBSTANCE SAVVY**
- 4 TALK EARLY AND OFTEN**
- 5 ACT QUICKLY IF YOU SUSPECT SUBSTANCE USE**

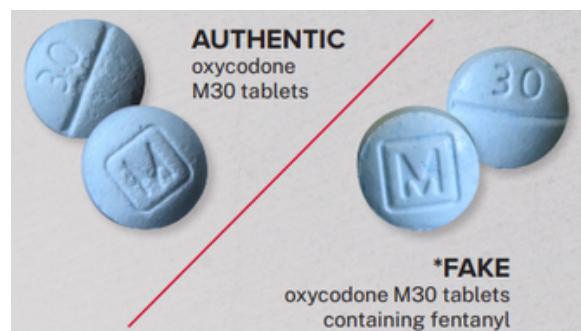


Did You Know?

- Products with high levels of alcohol, nicotine, and THC (the psychoactive ingredient in marijuana) are available and marketed to kids using fruity flavors and colorful packaging. They include alco-pops ("binge drinking in a can"), gummies, cereal, popsicles, ice cream, and vaping pods, among others.



- It's nearly impossible to tell the difference between legally prescribed/manufactured pills and fake pills that often contain a deadly dose of fentanyl.



LOOKING FOR MORE RESOURCES?

Click Here.

