

# Prevention *for parents*



## Gearing Up for a Substance-Free Summer

As we head into summer break our young people may have more free-time on their hands, be looking for ways to unwind after a challenging school year, and are navigating pandemic-related stressors.

Though they may be getting a break from learning, prevention efforts shouldn't stop!

We know that the relationships kids have with the adults in their lives are the most powerful protective factors. The extra time

they may be spending at home with you can be the perfect avenue to promote healthy choices.



Here are some tried-and-true prevention methods to implement this summer:

- Talk often with your teen about your expectations and concerns around substance use

- Promote healthy coping skills
- Create opportunities and encourage your teen to participate in positive activities like sports, outdoor recreation, creative projects, jobs, etc.
- Teach them how to get support when they need it
- Know where they are, who they are with, and what they are doing
- Practice refusal skills

## Need Support This Summer?

While our counseling staff is out of the office this summer, make sure to check out the resource lists posted on the Readiness to Learn (RTL) website if you or your child is in need of support.

[RTL: Mental Health Resources](#)

[RTL: Health & Wellness](#)

[Substance Use Prevention & Intervention Resources](#)



### Points of Interest

- *How to promote a substance-free summer for young people*
- *Does your teen need support this summer? Check out our resource lists.*
- *Prevention Youth Spotlight: Check out the great work our young people are doing!*



# South Whidbey Prevention Youth Spotlight

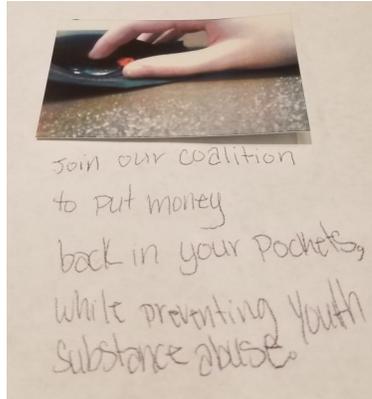
As much as there is to worry about in our current situation, there is also much to be hopeful for if we look in the right places.

We might worry about how this season is affecting our kids, but the good news is that we know *kids are resilient*, and they can get through this.

This year, some of our South Whidbey young people have been hard at work promoting wellness among their peers and community members.

The *South Whidbey Student Wellness* group (SW Squared) has been developing over the last year. They have attended and participated in activities, events, and trainings, including; Youth Got

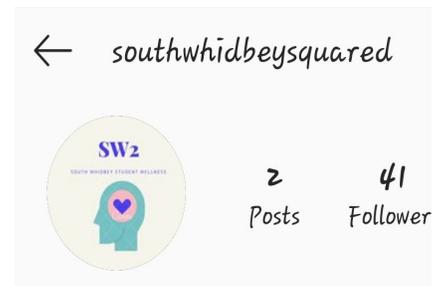
This!, Red Ribbon Week, WA State Prevention Summit, and



*Students learned about digital storytelling and created their own prevention-focused image.*

Peer-to-Peer (P2P) Marijuana Prevention. They have presented at SWHS Open House and at community coalition meetings on the topics of

cultural competence and social norms. Pre– Covid19 and virtually, they are preparing to give marijuana prevention presentations for 7th & 8th graders, which will resume when they return to school. Most recently they launched an Instagram account focused on promoting peer wellness.



Young people often respond best to other young people promoting healthy choices. Yes—our kids may be dealing with new stressors and feelings due to the pandemic—and they may just come out of this experience with more self-awareness, coping skills, and emotional intelligence.

## What Would You Like To See In The Next Issue?

Contact Colleen Chan with any suggestions, comments, or questions.



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## Parent Resources

A Substance Free Summer: Tips For Helping Your Teens

<https://ysb.net/a-substance-free-summer-tips-for-helping-your-teens/>

Drug Abuse Prevention Starts with Parents

<https://www.healthychildren.org/English/ages-stages/teen/substance-abuse/Pages/Drug-Abuse-Prevention-Starts-with-Parents.aspx>

Supporting Teenagers and Young Adults During the Coronavirus Crisis

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>