

Step 3: Connect with Other Parents and Caregivers To Be Positive Role Models

Getting to know other parents is an important step in creating support for our youth.

Create a network of safe homes where adults are present, involved and make sure youth do not have access to alcohol, tobacco, and marijuana.

Share resources.

Set standards together and clearly share them with your teens.

If you see something say something. If something seems off or is wrong seek help.

Model good self-care and responsible substance use if you choose to use.

Secure and monitor all medicines and adult substances in your home.

Seek out quality mentors for your teens. Youth benefit from multiple adults who care about and support them!

We're not in this alone - let's work together to support our youth!

You have resources! Take a few minutes to gather them in one place!

Medical Provider:

Name:

Phone:

School Counselor:

Name:

Phone:

Mental Health Provider:

Name:

Phone:

Local Resources:

ParentUpVT

VT's best resource for helping parents and caregivers connect with youth. ParentUpVT.org

Healthy Lamoille Valley

Make a difference! Join your prevention coalition! HealthyLamoilleValley.org

Community Health Team

Helps navigate health care and utilize community services. 802-888-6017

Lamoille Family Center

Early care and education, connections to resources, and emergency assistance. 802-888-5229

United Way Lamoille

Get Help - Listing of local resources. uwlamoille.org/get-help

3 Simple Steps to Show Youth They Matter



Youth that use substances
before the age of 15,
are 5 times more likely
to develop substance use
dependence later in life.

**Together we can prevent early
substance misuse and support
healthy development!**



A Program of the Lamoille Family Center

Step 1. Know The Facts

What Are Lamoille Area Youth Experiencing?

(While we are sharing high school numbers*, these issues begin in elementary and middle school).

Risk Factors Data

Youth copy behavior they see in the community, at home, and with peers. Here are some concerning data points:

Substance Use

- 16% of students used alcohol before the age of 15
- 33% of drank alcohol in the past 30 days
- 16% binged on alcohol, past 30 days
- 28% used cannabis, past 30 days
- 29% used a vaping device past 30 days
- 54% ever used a vaping device

Bullying

- 17% were electronically bullied, past year
- 20% were bullied, past 30 days
- 31% have sent or received a sexually revealing photo, past 30 days

Mental Health

- 30% felt sad or hopeless, past year
- 58% for LGBTQ youth
- 14% made a suicide plan last year
- 30% for LGBTQ youth

Protective Factors Data

Resilience, quality decision making, and connectedness all decrease the risk of substance use.

Connectedness

- 74% ate dinner at home with at least one parent/adult family member 4+ days a week
- 76% reported there was at least one teacher or other adult at school that they can talk to if they have a problem
- Only 55% feel like they matter to people. (This should be higher)

Activity

- 25% spend 10 or more hours participating in after-school activities, per week
- 46% were physically active at least 60 minutes per day on 5 or more days, past week

Parental Perceptions

Youth who believe their parents would think it was wrong or very wrong for them to:

- use a vaping product - 81%
- drink alcohol - 65%
- use marijuana - 69%

Youth who have more protective factors have lower use rates!

Step 2: Connect Regularly With Your Teen To Build Positive Relationships!

Your teen needs you even when they don't show it.

Look for opportunities to connect while in the car, on a walk, playing a game, doing chores together such as making dinner, helping with homework, or volunteering!

Talk early and often. Check in about their day, interests, hopes and dreams. Listen to whatever they want to talk about, you don't have to have an agenda.

Talking early and often means you can share the facts over time for meaningful conversations.

Sample conversation

Start with the big picture, leave time and space for the details.

"I read that almost 30% of high schoolers vaped in the last month where we live. That's pretty high. Does that sound right from what you've seen?"

"If any of your friends need some help in quitting, do you know where to find it? I've seen some resources you could use."

"I'm here for you if you're struggling. We can get help together."

**For more tips on conversation starters with teens visit:
Parentupvt.org!**

* Source: 2019 Vermont Youth Risk Behavior Survey. We suspect this data has changed and possibly worsened due to COVID-19. The YRBS is given to middle and high school students every two years. Discover more facts at www.healthvermont.gov/sites/default/files/documents/pdf/HSVR_YRBS_LAMOILLE_2019.pdf