"Teen-Proof "Your Home: How-To for a Common-Sense Campaign
MCPGSA - June 26, 2013

OUR request

We like to share. And...sometimes people steal stuff and use it as “theirs.” Not you, but the guy who borrowed from the guy who borrowed from you. We’re not snobs but we worked hard on this. Use for educational use only. Please cite material when possible as:

Teen-Proof Your Home Campaign is a project of Lane County Public Health Prevention Program, www.preventionlane.org

CAMPAIGN objectives

1. INCREASE PARENTAL AWARENESS of home environmental conditions that could increase the risks of teen substance use, suicide, problem gambling and other problem behaviors
2. PROVIDE METHOD TO ENGAGE PARENTS in acknowledging these areas, knowing that many do not feel their teen is at risk
3. PROVIDE EASY TO DISSEMINATE RESOURCES to schools, social service agencies and other programs serving parents

“TEEN-PROOF”

What it is:
– BASICS on various risky behaviors in ‘tweens and teens
– A great excuse to fold in “undesirable” conversations with presentations
– Extra resources

What it isn’t:
– A be-all, end-all
– Specific parenting advice

ACKNOWLEDGMENTS

• Southern Rockingham Coalition for Healthy Youth gave us the idea for “Teen-Proof” and subsequent campaign with their fact sheet for parents.
• Our program’s Sandy Moses & the Lane County Suicide Prevention Steering Committee took “Teen-Proof” and ran with it.
Target & modify. Audiences, requests & timing vary. The following presentation is to a sample PTA group, 90 minutes.

Break it up. Sometimes it can be split in two (particularly the depression piece, which would benefit greatly from its own talk –like QPR).

Be real. Arguably all of these points (and more) would get their own time. But we know how busy parents are.

NOW, A SAMPLE presentation.

DATE ________

Parent Night

How did we already get here?!

What did you do to “baby-proof?”

Why?

What will you do to “teen-proof?”

Why?
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Know that YOU are the #1 INFLUENCE in your teen’s life.

Tip #1

The brain is still developing until 25 years old!
The PREFRONTAL CORTEX is the LAST PART to develop.

understand the teen brain
Impulse control
Decision making
Memory

Tip #2

Name the top drug used by high school students in [your community]

...
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ALCOHOL is the #1 drug used by youth

Source: Student Wellness Survey 2012

What's a “standard” serving of alcohol?

1 “Serving” of Alcohol:

- 12 ounces (1 can) of regular beer
- 5 ounces of wine
- 1.5 ounces of “80 proof” liquor (whiskey, vodka, tequila, etc.)

Most teens who drink do it at their homes or peers' homes.

Youth who drink are 8x more likely to smoke cigarettes and 10x more likely to smoke marijuana.

Even occasional heavy drinking injures young brains.

Alcohol Dependence

Based on age that drinking starts:

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**Prescriptions**
Misused by more teens than any illicit drug except marijuana.
Monitor & lock them up.
Buy only what you need.
Dispose unused meds.

**Over-the-Counter**
- Monitor/measure/lock.
- Buy only what you need.
- Dispose unused meds.

**Weed**
It’s the 2nd most used drug among high school youth.

"But it’s natural!"
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risks
Impact on learning and memory
Heart & respiratory problems
Accidents
Mental illness
Addiction (9% of users)

Inhalants
are the high of choice for 6-12 year olds due to availability.

• Keep track of your household products.
• Watch for warning signs.
• Educate on no mixing of chemicals.

One teen in every classroom (4-6) already has problems with gambling
Online most popular with young people
Problems are connected! - Gambling connected with drinking, substance use, delinquency, & more

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watch for:
Online use - gambling sites  
Issues with money  
Increasing interest & isolation  

And understand that gambling is not risk-free.

> Keep device use in an open area, if possible.
> Monitor, monitor, monitor.
  * Gambling, chat, parties, “how-to” videos, etc.
  * Ensure accounts are set to “private” or “friends” only.
  * Social media accounts—PASSWORD (not just "friend")

Check their apps!
Not just Facebook/Twitter!
As of mid-2013, Instagram, Snapchat, etc.

Yes, go here 2 get started: www.preventionlane.org/tech

& check phone 2 right?

Do occasional checks of their devices. Keep tabs on apps & sites. Keep them safe!

teen-proof your devices
Tip #8

teen-proof for firearms
Tip #9
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2/3 of all teen suicides involve guns

If removing firearms isn't an option:
Store in LOCKED cabinet
Store UNLOADED & keep ammo separated
Use trigger LOCK

Teen-proof for depression

Tip #10

Suicide is the second-leading cause of death among 15-25 year old Oregonians.

Psychological issues & substance abuse are the biggest factors.

Communicate.
Asking them about suicide is NOT going to "give them the idea."

You are the parent.

J. Hynes, www.preventionlane.org
Although you can’t “teen-proof” your teen...

• You can set clear limits/communicate expectations.
• You can be consistent.
• You can communicating with your teen, staying engaged.

Ask & Listen
• Who
• Where
• What
• When
• Without judging
• Allow venting

Monitor & Act
• Set a good example.
• Pay attention to clues: restless, withdrawal, lack of interest, different friends, etc.
• INTERVENE if you see warning signs. (Get intervention tips: www.drugfree.org/intervene)

You are the #1 influence in your teen’s life.