

# Life Skills Training Parent Information Night

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Session 1

October 21, 2021



## **Tonight's Agenda:**

1. Welcome and Program Introduction
2. Our Expectations and Ground Rules
3. Me at 12- Participant Introductions
4. Why Do Kids Use?
5. What Do We All Need?
6. Our Supports and Challenges for Prevention Parenting
7. An Overview of the LST Parent Program
8. Preview Session 3 and Adjourn

# Our Expectations and Ground Rules

- Share with one another:
  - What you hope and expect to learn from the program
  - Some ground rules you think will help the group accomplish its goals
  - This experience can be deeply personal and the utmost confidentiality is necessary.



# Me at 12 Activity



- Think of an object that symbolizes the way you felt or saw yourself at about the age of 12
- Draw that symbol or object on a piece of paper
- Think of a word or phrase that describes the feelings that you have about that time and write it below your drawing
- Write your name on the paper
- We will introduce ourselves by sharing our:
  - Name and something we would like the group to know about us such as how many children we have, what we do for work, or where we live
  - Our symbol or object and the feelings that go with it

# Me at 12- Questions

What do you notice about this time in life?

How was your experience of adolescence similar to or different from today's kids?

Why do you think that is?



# Why Do Kids Use Substances?

- Think about your community (WSSD). What are some personal, interpersonal, and social-environmental reasons why kids use alcohol, tobacco, or other drugs?
- Why do they engage in other behaviors that are risky to their health?

*Personal* Factors- are feelings that exist within ourselves-- for example, anxiety, curiosity, rebellion, boredom.

*Interpersonal* Factors- are relationships with others that affect our behavior-- for example, wanting to fit in, be cool, be like older siblings/friends, look older.

*Social Environmental* Factors- exist in our community or culture- for example, stores selling liquor in our neighborhood, media influences, role models, a culture that says “it’s normal”

# What Do We All Need?

Skills	Knowledge	Attitudes/ Beliefs
Kids/ Parents	Kids/ Parents	Kids/ Parents

- Form *three* groups, each group is assigned a topic area (skills, knowledge, attitudes/ beliefs)
- **Skills**- something that we can demonstrate, like setting goals, coping, or communication
- **Knowledge**- facts, data, or concepts, such as not everybody smokes, families care, or using can harm relationships
- **Attitudes/Beliefs**- values, such as good health is important, or the importance of respect for oneself and others
- Each group will brainstorm ideas and write them down- what do our children need in order to resist risky behavior, and what we need to help our children protect themselves?

# Our Supports and Challenges for Prevention Parenting

What tools do parents and caregivers need to respond to the challenges of substance use?

- Split into three groups
  - Discuss the supports and challenges that you have as parents/caregivers in teaching your children about substance use prevention



- **Support-** something that reinforces your efforts to parent for prevention, such as knowing your children's friends and their parents, having good communication with school, and having ongoing contact with extended family
- **Challenge-** something that is an obstacle or limits your prevention parenting, such as time, negative influences, or lack of after-school programs



# Overview of the LST Parent Program

## Family Communication:

- Talking and listening to your kids
- Avoiding misunderstandings

## Parental Monitoring:

- What is Parental Monitoring?
- Creating a contract

## Being A Good Role Model:

- What are your values?
- Talking about stress
- Stress Reduction Techniques



# Cont.

## Use of Appropriate and Consistent Discipline

- What's your parenting style?
- Learning new skills to solve problems

## Taking A Clear Stand on Drugs

- Who smokes cigarettes and why?
- Analyzing the media
- Set family rules for drug use

## Effects and Warning Signs of Substance Abuse

- What is normal behavior for adolescents?
- What are the commonly used substances and their effects?
- What are the early warning signs for substance abuse?
- How can I express my concerns about suspected substance abuse?



# Preview Session 2- Adjourn

## Family Communication:

- How do misunderstandings happen?
- What are the communication skills for preventing misunderstandings?
- How can I set goals for improving family communication?
- How will healthy family communication skills help my children and me feel comfortable talking to one another about difficult topics?

