

NEXUS
COALITION

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THE
CONNECTION
COALITION

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WE PLEDGE TO BE A

**SAFE
HOME**

**FOR CHILDREN, TEENS &
YOUNG ADULTS**

IN THIS HOME WE:

1. Set guidelines
2. Do not allow underage youth to drink alcoholic beverages or use tobacco or other drugs in our home or place of business
3. Are present at all pre-teen and teenage parties held in our home to ensure that no drugs, alcohol or tobacco are present
4. Encourage future drug and alcohol free activities for underage youth
5. Spread the message to family and friends

DID YOU KNOW:

Nearly 5,000 young people die each year from poisoning due to alcohol consumption.

The median age at which children begin drinking is 12 (NIDA, 2002). Young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21.

Will you help to change these statistics? Source: Informedfamilies.org

Visit TalkNowAZ.com & LearnMoreAZ.org for more information.



How to Help Kids Say No to Peer Pressure

Peer pressure is a leading risk factor for underage drinking and other drug use, so it's important that kids be equipped with information and ways to say “no.” As a parent or caregiver, you have the power to help your child understand the risks and dangers of drinking alcohol and using other drugs, as well as how to deal with offers from their friends or peers.

Peer Pressure at Different Ages

Peer pressure can come in different forms. It can be upfront, such as being offered alcohol or other drugs. Or it can be more subtle, such as observing risky behaviors. In both instances, your child has the option to say “no” or avoid the situation. The way kids see and handle peer pressure can change as they grow older, so it's important to know where your child is in their decision-making abilities and maturity. Starting between ages 10 and 12, kids may respond to peer pressure in ways that help them fit in and make friends. As they enter adolescence, their friend groups have a bigger influence on their decision-making. Because teens and young adults often spend time with their friends and peers without direct supervision, they can become more likely to give in to peer pressure.

Impactful Conversations



Discussing the negative effects of underage drinking and other drug use with your child really can make a difference. Consider what's important to them to

help shape your conversations. For example, if they play sports, talk about how alcohol and other drugs can negatively affect their bodies and their ability to play. Having short and frequent talks can give them the confidence they need to handle peer pressure. During your conversations, be sure to:

1. Show you care about their health, wellness, wellbeing, and success.
2. Express your disapproval of underage drinking and other drug use.
3. Set clear expectations about substance use to discourage risky behaviors.
4. Tell them to never drink alcohol or use other drugs and drive or get in a car if the driver has been drinking or using other drugs.
5. Empower them with the skills and strategies they need to avoid substance use.
6. Reinforce you're a good source of information about alcohol and other drugs.


How to Say “No”

Practice different scenarios with your child so they feel prepared to respond in situations where alcohol or other drugs are present. Review the reasons underage drinking and other drug use are harmful and illegal. Provide an opportunity for them to ask questions and voice their opinions. Keep in mind that they may also be dealing with peer pressure or encouragement to use substances through social media.



Potential Kid Responses to Peer Pressure:

- “No, thanks. I don't need that.”
- “Nah, I'm good.”
- “Nope—I'm not into that stuff.”
- “I don't want to drink or do drugs.”
- “I would get in so much trouble with my parents.”



It's never too late to start talking with your teen about the risks of marijuana use. As teens age, they make more decisions on their own and face greater temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It's important you help them understand what marijuana is, and why they shouldn't use it.


WHAT IS MARIJUANA?

Marijuana refers to the dried leaves, flowers, stems, and seeds from the Cannabis sativa or Cannabis indica plant. It is a psychoactive drug that contains close to 500 chemicals, including THC, a mind-altering compound that causes harmful health effects. Marijuana use is prevalent among teens and young adults, and according to SAMHSA's 2018 National Survey on Drug Use and Health, an estimated 3.1 million youths ages 12–17 reported using marijuana in 2018.

Marijuana use tends to increase with age. While 1.8 percent of youths ages 12–13 reported consuming marijuana in the past year, that number increased to 11.3 percent of those ages 14–15 and 23.4 percent by ages 15–16.

WHY ARE YOUNG PEOPLE USING MARIJUANA?

Teens and young adults use marijuana for many reasons, including curiosity, peer pressure, and wanting to fit in with friends. Some use it to cope with anxiety, stress, and even depression. Ultimately, many things factor into why some people decide to use marijuana, including their environment at home, at school, and in the community.



The perception of the dangers of marijuana use is declining and, increasingly, young people today do not consider marijuana use a risky behavior.

This is partially due to the changes to some states' policies on the legalization of marijuana and recreational use. Marijuana remains illegal at the federal level, even though many states have legalized its use.


Make sure your teen understands that marijuana is addictive. In fact, research shows that 1 in 6 youths who start using the drug before the age of 18 can become addicted.

HOW ARE YOUNG PEOPLE USING MARIJUANA?

Marijuana can be consumed in a variety of ways — including smoking, vaping, oils, teas, and edibles. Edibles have become popular because people can mix marijuana into their favorite foods, such as brownies, cookies, and candy. However, edibles are dangerous because they can lead to accidental ingestion or overconsumption. Since it takes longer to digest edibles and feel their effects, people may consume more at one time to expedite that process.

KNOW THE RISKS AND HARMS OF MARIJUANA USE

Marijuana use among teens and young adults can harm brain development and cause other negative impacts. Additionally, the amount of THC in marijuana has steadily climbed; today's



marijuana has three times the concentration of THC compared to 25 years ago, increasing the impact on the brain. Make sure you know the risks of marijuana use and are prepared to talk with your teen about them.

Common risks include, but are not limited to:

- Issues with attention, concentration, problem solving, learning, and memory;
- Poor academic and job performance;
- Lack of balance and coordination;
- Poor judgment and decision-making;
- Less life satisfaction;
- Relationship problems;
- Increased risk of mental issues; and
- Potential for addiction.

IDENTIFY THE SIGNS

Recognizing signs of marijuana use can be difficult if you don't know what to look for. Be aware of any noticeable changes in your teen's behavior, as it might indicate he or she is using marijuana.

Common signs include, but are not limited to:

- Unusual laughing, coordination issues, or forgetfulness;
- Bloodshot eyes or repeated use of eye drops;
- Strange smelling clothes or bedroom;
- Frequent use of incense and other deodorizers;
- Drug-themed clothing, jewelry, or décor; and
- Unexplained lack of money or frequent requests for money.





Fentanyl Facts for Families

What is fentanyl and how does it work in the body?

Fentanyl is a powerful synthetic opioid, similar to morphine but 50 to 100 times more potent. In its prescription form it is prescribed for pain, but fentanyl is also made illegally and distributed as a street drug. Illegal fentanyl is sold as a powder or made into pills that look like real prescription opioids (pain relievers).

Fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions. Its effects include euphoria, drowsiness, nausea, confusion, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma, and death.

Why is fentanyl a problem in Arizona?

Fentanyl is the most common substance found in opioid overdose deaths in Arizona – teens as young as 14 years old have overdosed and died.

Illegal fentanyl is being mixed with other drugs, such as cocaine, heroin and methamphetamine. This is especially dangerous because people are often unaware that fentanyl has been added. The high potency of fentanyl greatly increases risk of overdose, especially if a person who uses drugs is unaware that a powder or pill contains it. Naloxone is a medicine that can be given to a person to reverse a fentanyl overdose. Multiple naloxone doses might be necessary because of fentanyl's potency.

What Can You Do?

Talk | It's never too early to have a conversation about alcohol and other drugs. The sooner you talk about the dangers of underage drinking and substance use, the greater chance you have of influencing your child's decisions about using them.

Get Specific About Fentanyl | When you talk to youth, don't leave out the details. Be specific about the drug fentanyl and the dangers of its use. Let youth know that it is being sold as counterfeit OxyContin®, Xanax®, and other prescription drugs. Knowing one of these pills could be deadly, a child may consider the consequences of trying one of these too risky. Visit TalkNowAZ.com to help get this conversation started.

Monitor | Because substances, including counterfeit pills laced with fentanyl, are being bought and sold through texting and social media sites be sure to monitor where youth go online and ask about who they follow and what they are seeing and hearing online. Before allowing youth to go online and set up accounts consider having them sign a social media safety contract with you.

Find a social media contract at TalkNowAZ.com.

Take Action | Naloxone is medicine that can reverse an overdose. Naloxone can be purchased at pharmacies in Arizona without a prescription or free from a local substance use prevention coalition. It is easy to administer and can be lifesaving. To find naloxone near you visit NaloxoneAZ.com. Always call 911 if there is an overdose.

Treatment works and there is hope. Medication along with behavioral therapies have been shown to be effective in treating those with an addiction to fentanyl and other opioids.

If you're concerned about someone's opioid or fentanyl use call the **Arizona Opioid Assistance Referral line at 1-888-688-4222** for information about treatment and counseling options.



**Substance Abuse
Coalition Leaders
of Arizona**

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BOARD GAME v1

HOW TO ASSEMBLE

1. Print both pages of the game. To assemble, cut out the bottom white part of page 1 on the solid line and tape to the top of page 2 to form the board.
2. Get a game die from another board game or print and assemble the paper die on page 3.
3. Choose small items as your game board pieces such as small rocks, figurines, or small blocks.

HOW TO PLAY

1. Roll the die and move the correct number of spaces on the board. For example, if you roll a 2, move two spaces on the board.
2. Do the activity or answer the question in the square you landed on. If there is no activity, it's the next player's turn.
3. If you land on a square with a ladder, move your game piece up the ladder to a new square. If you land on a square with the snake, slide down the snake to the lower square.
4. The game is over when all players reach the "Finish" square!

16 Which sound makes you laugh?



17 Give yourself a big hug for 20 seconds.

18 Say something kind to yourself.



14 What are you grateful for?

13 Take 3 deep breaths.



11 What would you like to get better at?

6 Tell a joke.

7 Hop on one leg for 30 seconds.

8 When do you feel the happiest?

9 Who do you admire?

10 What place do you want to visit?



5

4 What made you laugh today?

3 What did you learn today?

2 What's your favorite part of the day?

1 **START**



36
Say your favorite affirmation or quote.

37
What is something you can't wait to try?

38
What is something you feel proud about?

39
Name your biggest strength.

40
FINISH


35
Tell someone what you like about them.


34
What do you enjoy learning about?


33
CHOOSE to have a GREAT DAY

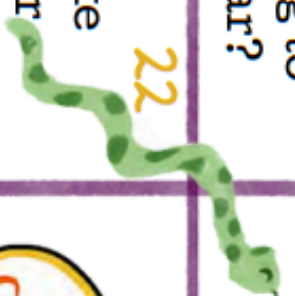
32
What's the coolest thing you've ever seen?


31
Do 5 squats.


26


27
What do you like about yourself?


28
Stretch or do a yoga pose.


29
What's your favorite thing to wear?


30
What's your favorite food?


25
Sing and dance to your favorite song.

24
Give someone a high five!

23
Who did you help recently?

22
Make your silliest face.


21