



Parents in Prevention

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FCD Prevention Works

Part of the Hazelden Betty Ford Foundation



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FCD Prevention Works



Prevention is a **climate**, not a program

- Private nonprofit organization
- **44** years of school-based substance abuse prevention
- **Over 2.5** million students, **70** countries
- **Over 130k** students surveyed



FCD's Prevention Approach



- A **collaborative process** promoting healthy young people by:
 - **Nurturing** protections
 - **Reducing** risks
 - **Intervening** on unhealthy behaviors



How the Teen Brain Works



Structural and Functional Changes

■ Process of synaptic pruning:

- *Decrease* in grey matter
- *Increase* in white matter
- *High levels of dopamine*
- Maturing
- Driven emotionally
- Primed socially
- Risk taking
- Pleasure seeking



Addiction



Definition

Addiction

An individual's repetitive, compulsive use of a substance (or performance of a behavior) despite negative consequences.



Risk Factors for Addiction

The FACTS


- Family history
- Age of first use
- Cravings
- Tolerance
- Surroundings





What Risk Factors Can Look Like



- 
- ✓ Poor social or coping skills
 - ✓ Unclear expectations or mixed messages
 - ✓ Affiliations with peers with deviant behaviors
 - ✓ Perceived approval of drug-using behaviors (at home, in school, etc.)
 - ✓ Perceived accessibility and use of substances



Social Norms

- Gross exaggerations
- False perceptions
- Perception influences reality
- Affects younger children
- Research-based prevention strategy





Question to Audience

- ▶ What percentage of 10th grade students used an e-cigarette in 2019?

36%

TEEN VAPING CLIMBS SIGNIFICANTLY*

**Both Nicotine and Marijuana (THC)*

DAILY NICOTINE VAPING¹

Measured for the first time in 2019



NICOTINE VAPING

Past month use



1. Miech R, Johnston L, O'Malley PM, Bachman JG, Patrick ME. Trends in adolescent vaping, 2017–2019. *N Engl J Med* 2019; 381:1490-1491

2019 Past Month Nicotine Vaping Equates to:
1 IN 4 – 12TH GRADERS • 1 IN 5 – 10TH GRADERS • 1 IN 10 – 8TH GRADERS

EVOLUTION OF VAPING



CIG-A-LIKE
(2003)

VAPE PEN
(MID 2000'S)

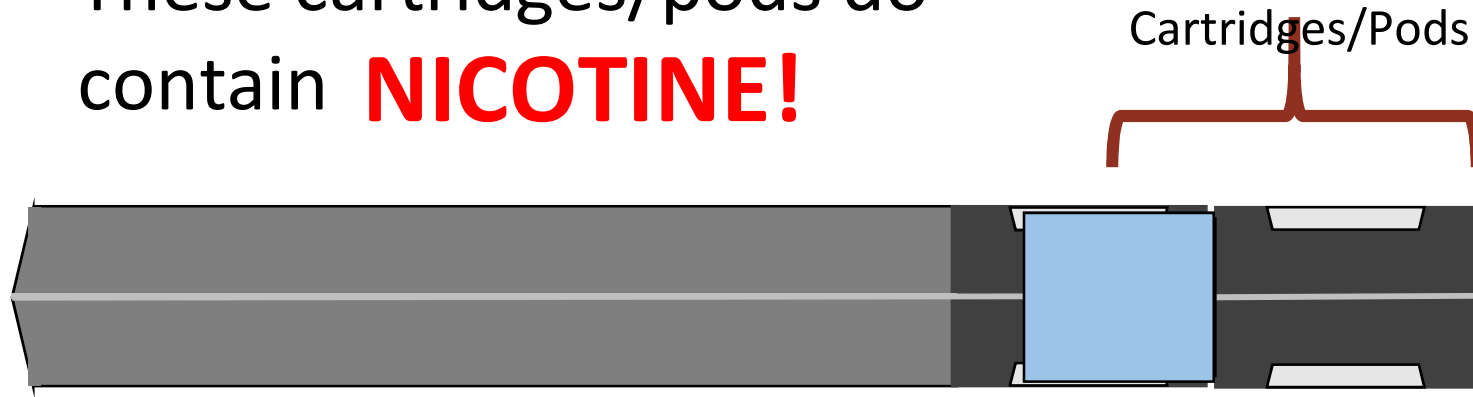
MODS
(EARLY 2010'S)

POD MODS
(MID 2010'S)

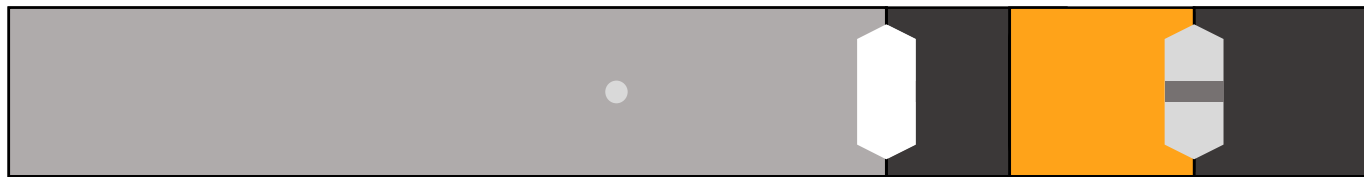


Anatomy of a Pod-Based System

These cartridges/pods do contain **NICOTINE!**



P
H
I
X



J
U
L

Devices with Rechargeable
Battery

Covers

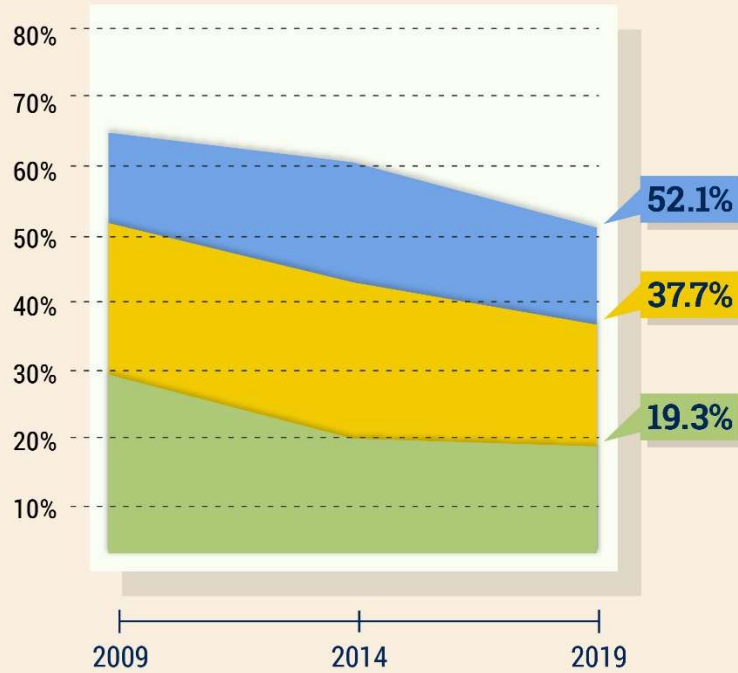




ALCOHOL USE CONTINUES ITS DECLINE

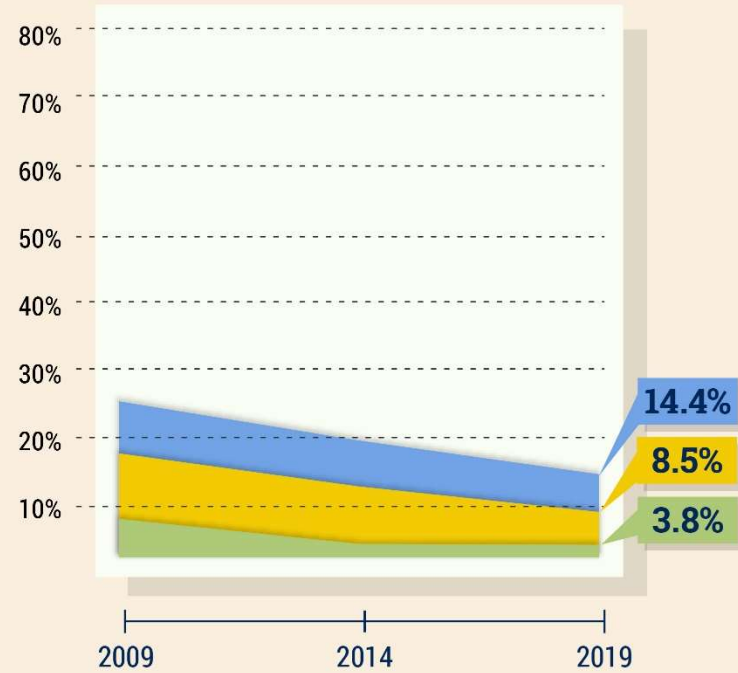
PAST YEAR ALCOHOL USE

Significant long-term decrease in all grades



BINGE DRINKING*

Significant long-term decrease in all grades



8th graders

10th graders

12th graders

*5 or more drinks in a row in the past two weeks

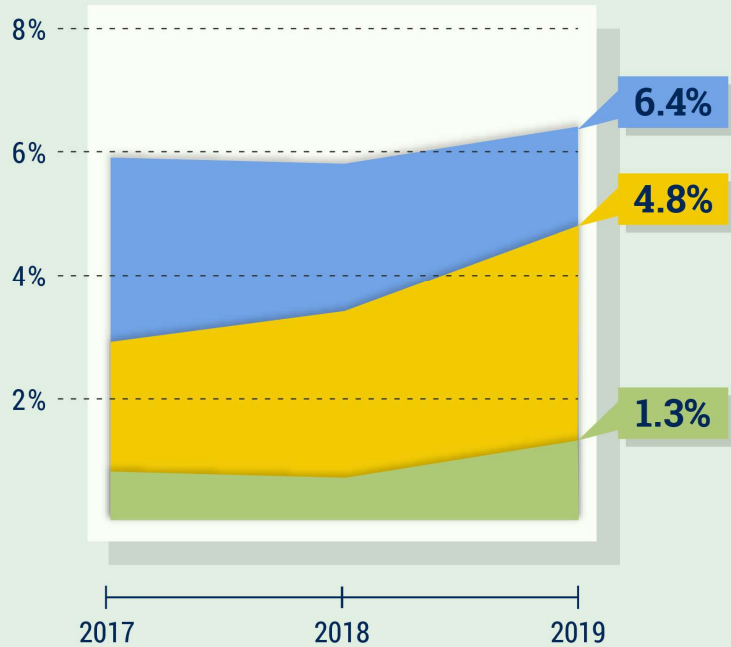


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DAILY MARIJUANA USE IN LOWER GRADES INCREASES BUT PAST YEAR MARIJUANA USE STEADY

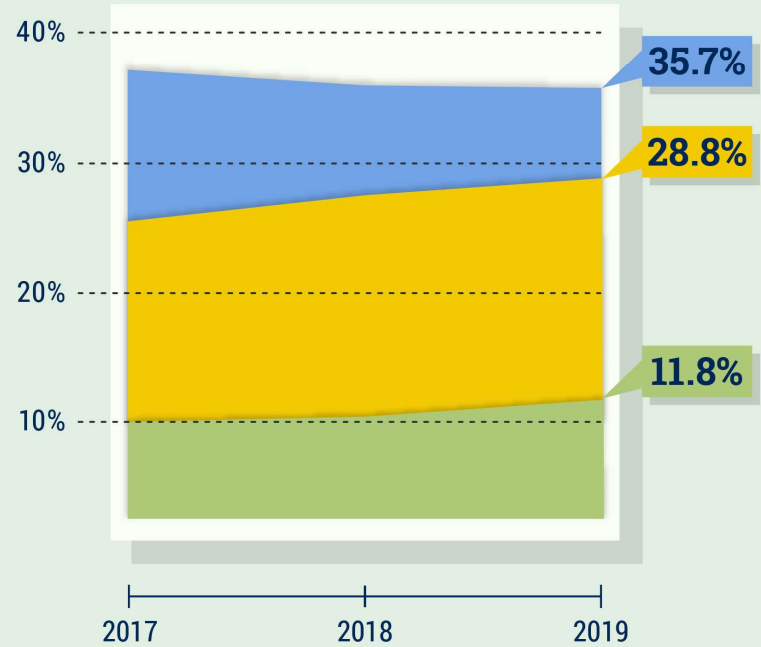
DAILY MARIJUANA USE

sees significant increase among 8th and 10th graders since 2018



PAST YEAR MARIJUANA USE

gap closing between older grades



8th graders 10th graders 12th graders



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Protective Factors

- ✓ Self-management: something you can teach & model
- ✓ Clear expectations, structures, limits, rules, monitoring, and engagement by parents about behavior and values
- ✓ Strong, positive partnership bonds to between family, school, and other community institutions
- ✓ Involvement in extracurricular activities
- ✓ Supportive relationships with family members, including extended family support



What Parents Can Do



Your Role in Prevention



- Model healthy, appropriate attitudes and behaviors
- Set clear limits, expectations and consequences
- Know what is going on:
 - after school
 - on weekends
 - during breaks/vacations
 - When stress is high
- Get to know their friends

What Parents Can Do



Your Role in Prevention



- **Families, peers, schools, and communities are all key components in prevention.**

- **Research shows that youths who 1) perceive that their parents disapprove of substance use, and 2) report that their parents are involved in their day-to-day activities are less likely than those who do not to use alcohol, tobacco/nicotine or illicit drugs.**

Further Resources



- **FCD Prevention Works**
 - Find us on Facebook
 - www.fcd.org; schools@fcd.org
- **Stanford Tobacco Prevention Toolkit**
 - <https://med.stanford.edu/tobaccopreventiontoolkit.html>
- **National Institute on Drug Abuse**
 - <http://www.nida.nih.gov>
- **Campaign for Tobacco-Free Kids**
 - <https://www.tobaccofreekids.org/>
- **Monitoring the Future**
 - <http://www.monitoringthefuture.org/>



**QUESTIONS?
COMMENTS?
THANK YOU!**

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[FCD PREVENTION WORKS](#)

