WYS WESTERN YOUTH SERVICES

Parenting: Making Good Choices

Outreach & Engagement

Outreach & Engagement

- Free Services for All Ages
  - Case Management
  - Workshops
  - Support Groups
  - Referral & Linkage
- Services are available for all who live in Orange County

WYS CLINIC

- Therapy
  - Up to the age of 21
  - Medical

Purpose of the Workshop

Objectives:

- Why kids make unhealthy choices
- What you can do to pave the way for good choices

Good Choice
Bad Choice
**Reasons Teens Make Risky Choices**

- They're hard-wired to take risks
- Trying to bond with others
- Boredom
- Peer pressure
- Trying to feel better

[Image: https://thoughtco.com/7-reasons-teenagers-experiment-drugs]

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**Family Risk Factors**

Characteristics that are associated with a higher likelihood of negative outcomes.

- Supervision issues
- Ineffective Communication
- Unclear Rules
- Parental Conflict

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**Family Protective Factors**

Characteristics that reduce a risk factor's impact (positive countering event).

- Family support and bond
- Clear rules and beliefs
- Effective communication
- Participate in enriching activities
Increasing Protective Factors

1. Provide a good example
2. Create clear beliefs and rules
3. Guide them on decision-making
4. Manage family conflicts
5. Strengthen family bonds
6. Increase your knowledge

See a Good Example

- Model desired behavior
- Don't glamorize substance use
- Resist pressure to conform outside of your values

Create Clear Beliefs and Rules

- Values and beliefs
- Expectations
- Making rules
- Rewards and Consequences
Discussion

What is a rule/value/belief in your family and how do you communicate that to your kids?
What consequences do you use when your kids break the rules?

Guide decision-making

- Teach refusal skills
- Role-play situations
- Give them a way out

Manage Family Conflicts

- Calming down
- Communicating
- Finding solutions
- Resolving it
“I Statements”

1. Name – say the person’s name
2. Say how you feel - I feel (angry, sad, hurt, upset)
3. Say why without blame - when I am not heard because it didn’t feel like my opinion counted.
4. Say what you want – Please take my opinions into consideration.

Strengthen Relationships

Increased parental involvement and participation lowers chances of risky behaviors

Quality Time Together
Sports.
Telling jokes. Laughing.
Movies.
Board games.
Volunteer.
Eat together.
Go on a trip together.

Increase Your Knowledge

- Substance use
- Internet safety
- Teen development
- Get to know your child’s friends
Increase Your Knowledge

Substance Use

- 20% of all high school seniors have
  attempted to drink alcohol
- Marijuana is addictive and is a gateway
  drug for most teens
- Prescription medications/over is easy
  for many teens

Increase Your Knowledge

Ask your kids open-ended questions

- Who will be there? Will
  parents/teachers be there too?
- What is your new friend like?
- What did you do after school today?
- Are drugs and alcohol a big thing at
  school?

Discussion

Role-play the following scenario with a partner:

Your child is asking to go to a party tonight with friends from
school. What kinds of questions would you ask, or
commitments do you want your teen to make before you
make a decision?
Conclusion

1. What did you learn today?
2. What challenged you today?
3. What skills will you implement from here forward?

References

www.raisinghealthyteens.org
www.drugfree.org
www.211oc.org
www.ochealthinfo.com