

## What Can a Parent Do?

- **Have ongoing conversations with your child about substance use.** Teens often report they hear the most about drugs from peers at school, however they do not think peers are reliable sources.
- **Be open and listen to his or her story.** After listening, calmly discuss a consequence. Yelling or arguing with a child could cause them to not tell you or ask for help in the future.
- **Educate yourself about drugs so that you can give your child correct information.** Teens look to parents to give information that is accurate.
- **Be an advocate.** Help your teens say no to peer pressure. Kids sometimes need help saying no to peers – give them an outlet if they cannot say no yet to friends
- **Don't make excuses for your child's poor behavior or poor choices.** You have not failed as a parent and can help your child make better choices in the future.



youth  
service  
bureau

## A Resource Guide for Parents on Substance Use

### Our Locations:

#### Stillwater

101 W. Pine Street  
Stillwater, MN 55082  
651-439-8800

#### Woodbury

7876 Hudson Rd, Suite 1  
Woodbury, MN 55125  
651-735-9534

#### Cottage Grove

7064 W. Point Douglas Rd, #201  
Cottage Grove MN, 55016  
651-458-5224

## Signs and Symptoms of Substance Use

### Physical Signs:

- Inability to sleep or awake at unusual times
- Smell of substance on breath, body, clothes
- Runny nose, hacking cough
- Red, watery eyes
- Change in eating, unexplained weight loss/gain

### Behavioral Signs:

- Changes in attitude, personality
- Excessive need for privacy
- Chronic dishonesty
- Does not obey curfew or house rules
- Sleeps in school / falling grades
- Lack of interest in sports or other activities

## Help at Youth Service Bureau

**Chemical Awareness Program:** A class for youth and parents to learn about common chemicals and the consequences of their use.

**Teen Intervene:** A brief substance intervention for youth who are using, but not dependent, on alcohol or drugs.

**Youth-Focused Family Counseling:** Sessions with licensed counselors to help youth and families with a variety of concerns.

## Communicating with your Child/Teen

1. Communicate with your teen about substance use before a problem develops.
  - Talk about your opinions regarding use.
2. Discuss house rules and consequences for substance use.
  - Explain your expectation of appropriate behavior and that you do not want them using substances.
  - Agree on consequences for breaking the rules and using substances.
3. Pay attention to any changes in your child.
  - Some changes are normal for teen development.
  - Take time to listen to changes in your child's life.
4. Give and get respect through equal communication.
  - Listen and reply to your teen in a respectful manner when they talk about their substance use. Your teen may be asking for help!
5. Enforce consequences consistently.
  - Set consequences you can reasonably enforce.