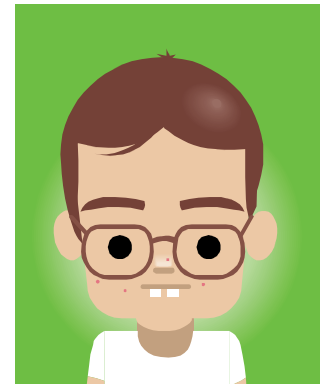
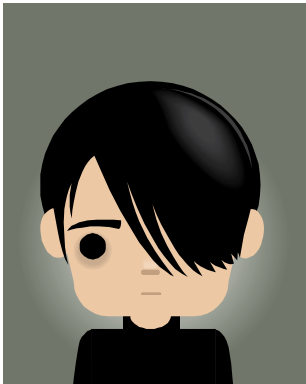


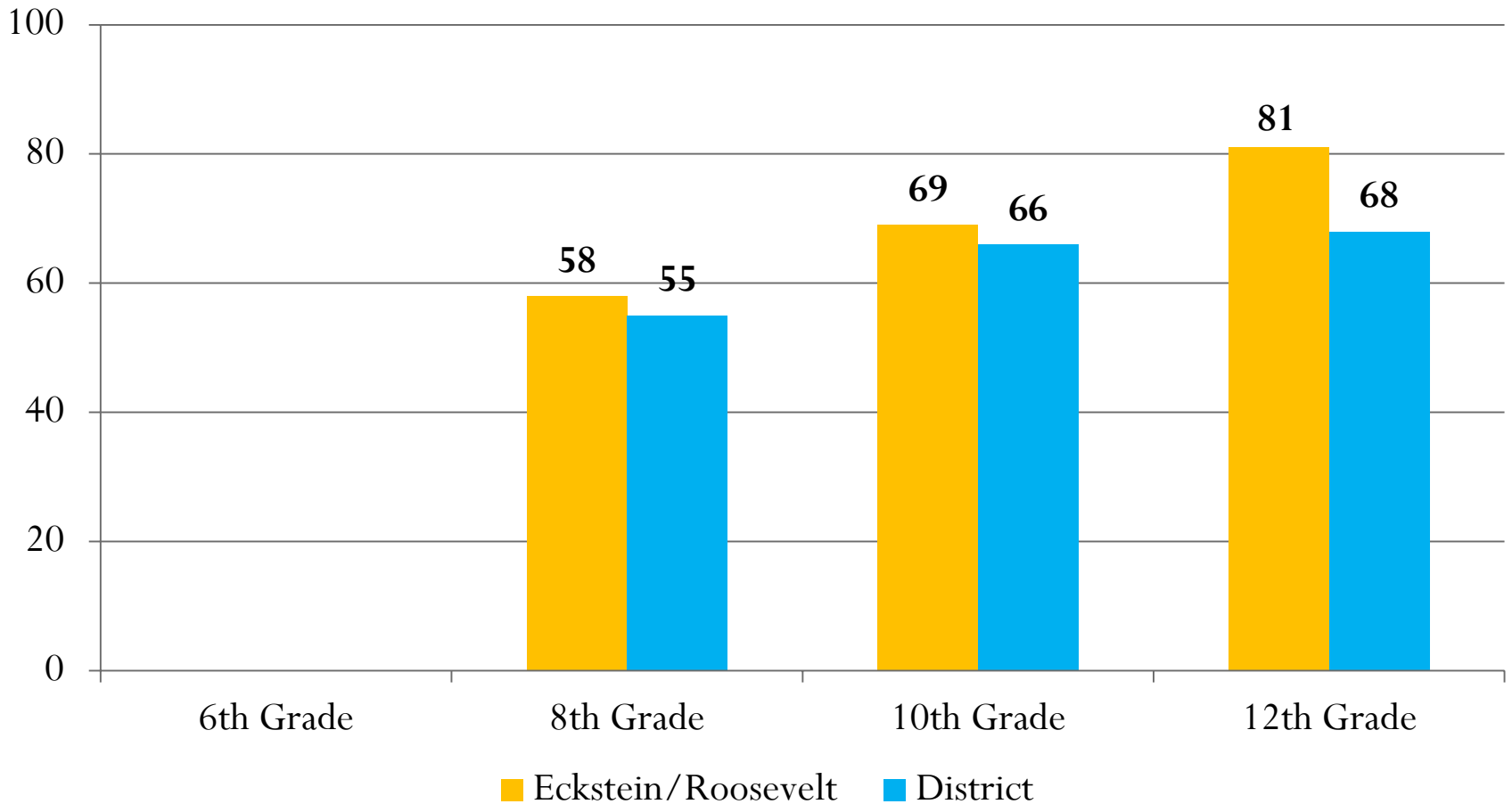
# Healthy Youth Survey

## Eckstein Parent Survey



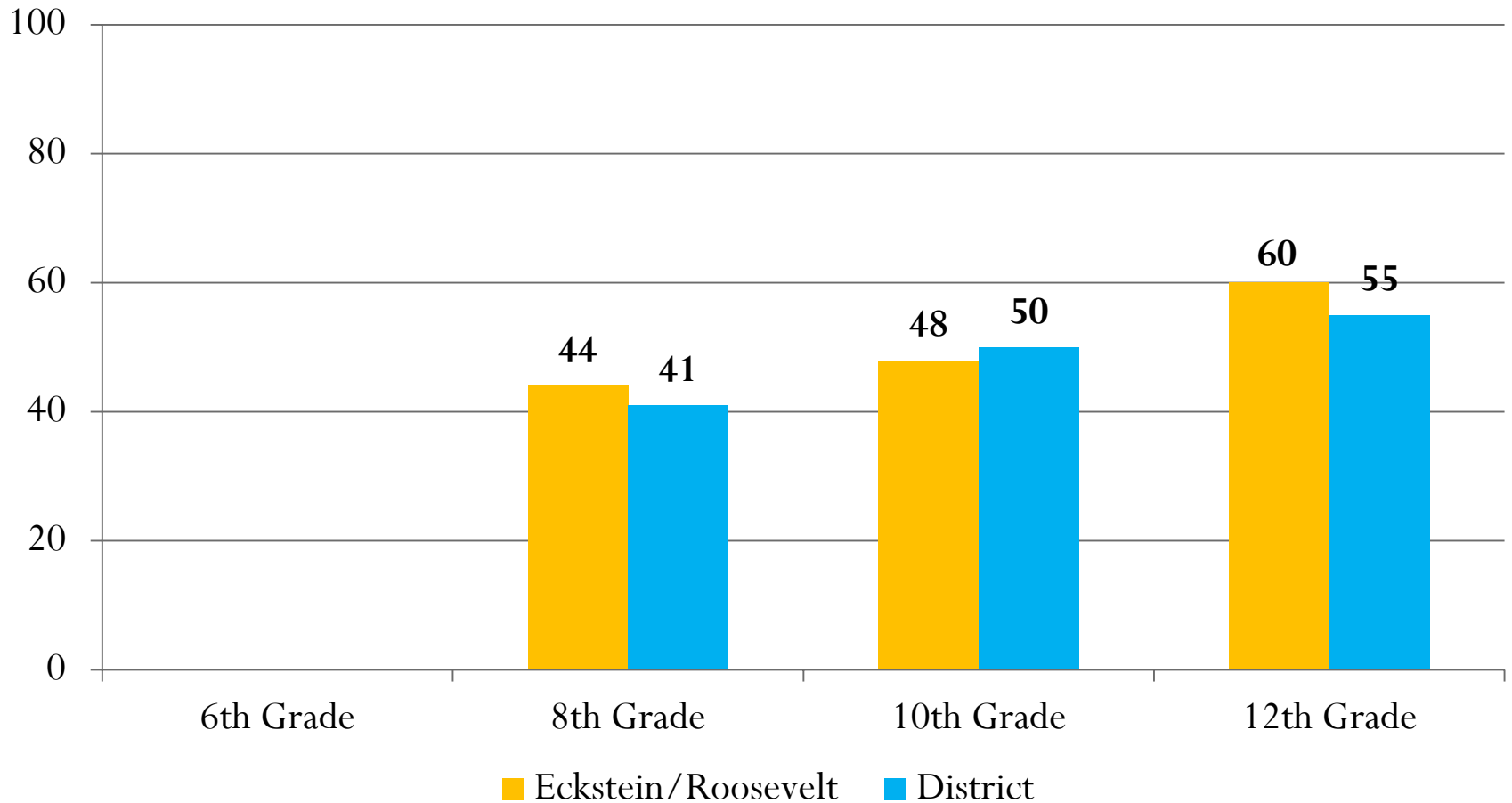
# Anxious, Nervous, On Edge

Percent of students who report feeling bothered by A/N/OE, past 2 weeks



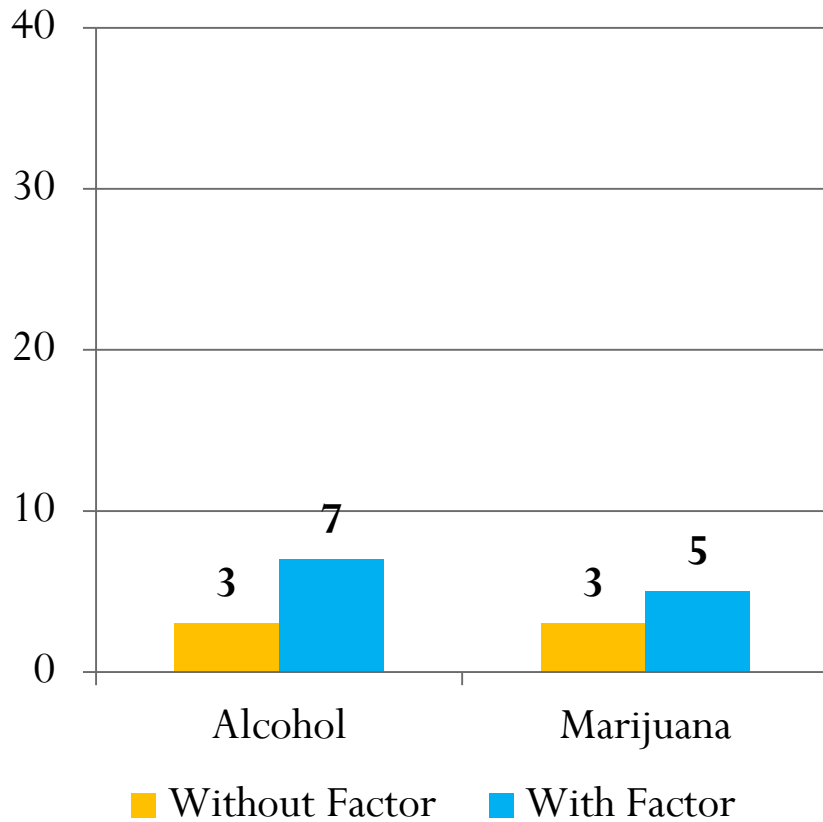
# Unable to Control/Stop Worrying

Percent of students who report bothered by unable to stop, past 2 weeks

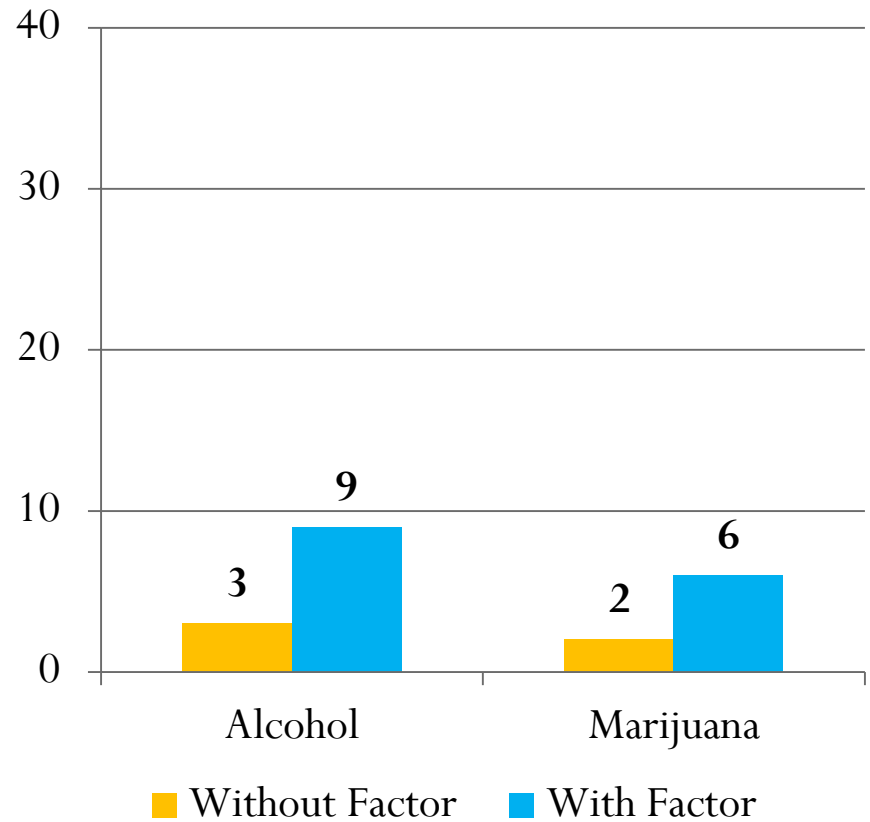


# Anxiety and Drug Use – 8<sup>th</sup> Grade

## Anxious, Nervous, On Edge



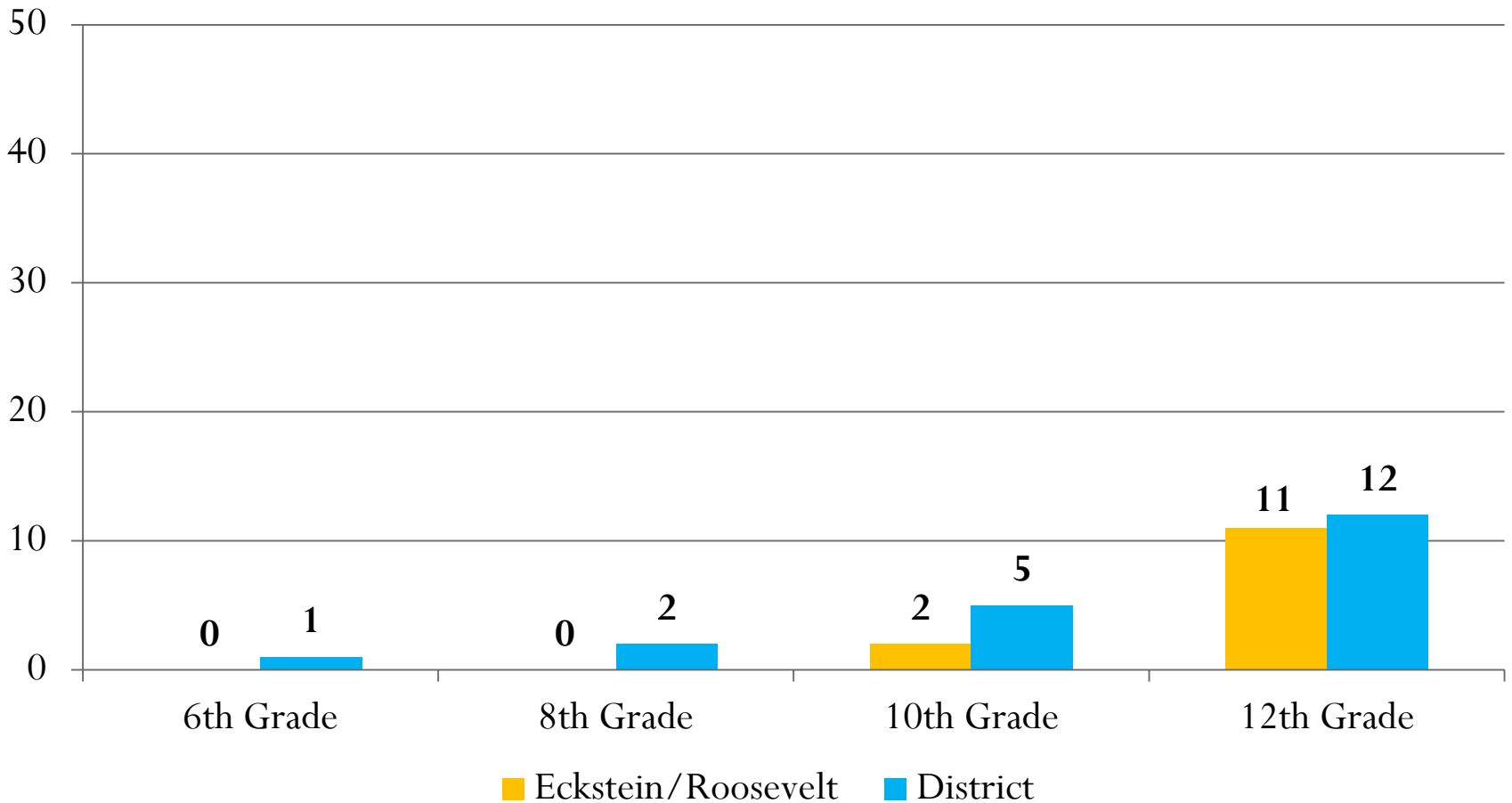
## Unable to Stop Worrying





# Current Cigarette Use

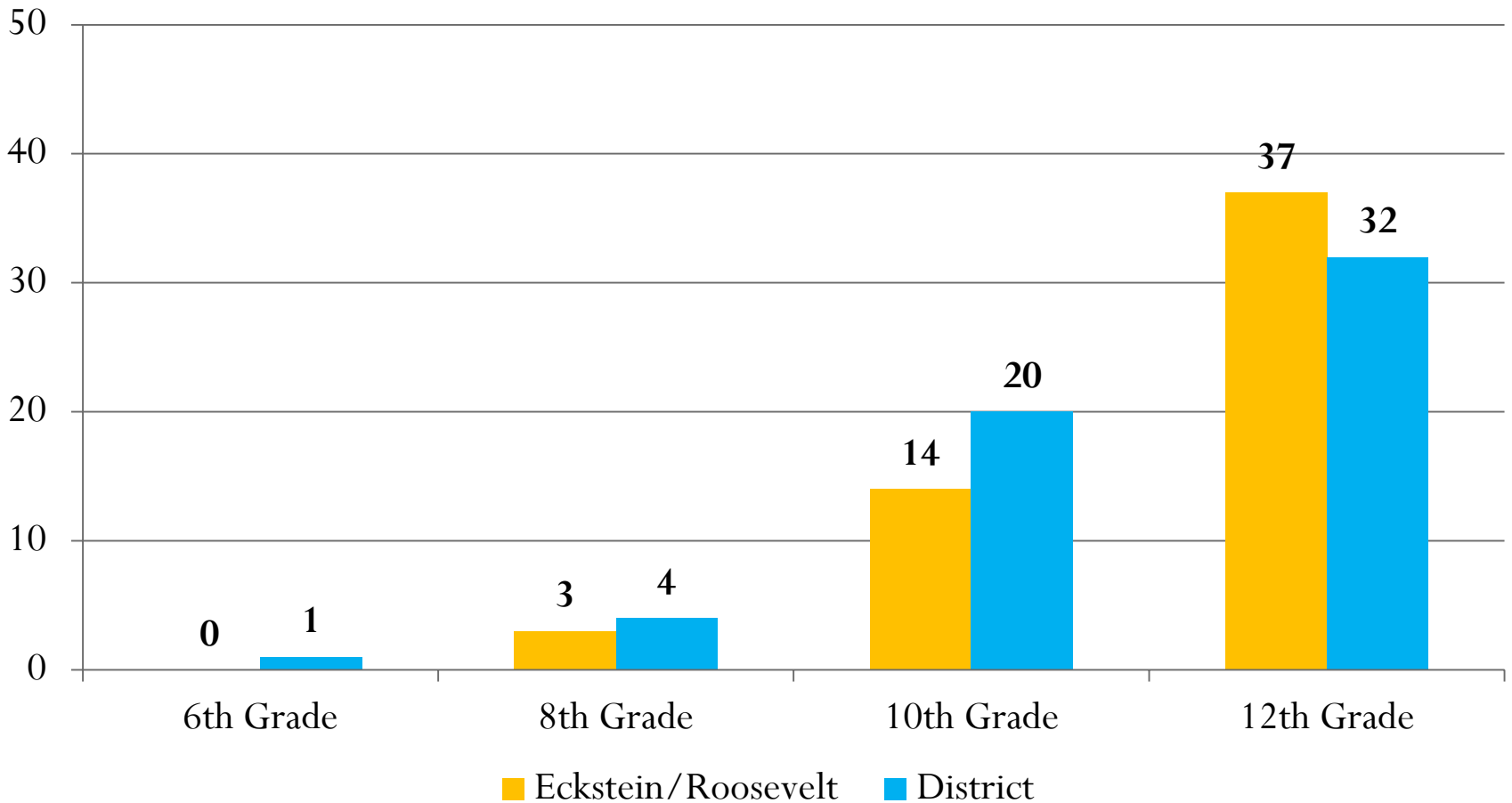
Percent of students who report smoking cigarettes in the past 30 days





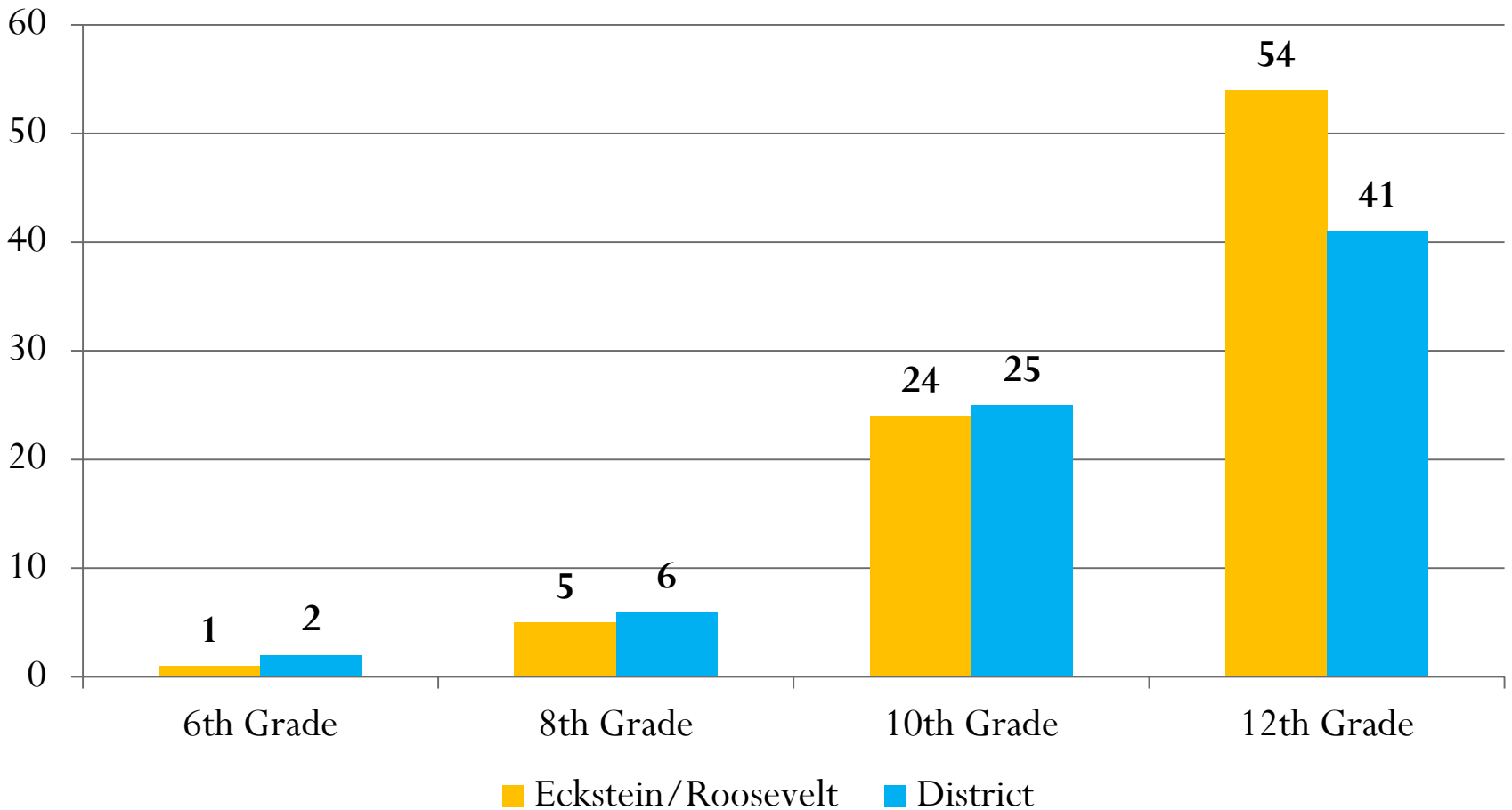
# Current Marijuana Use

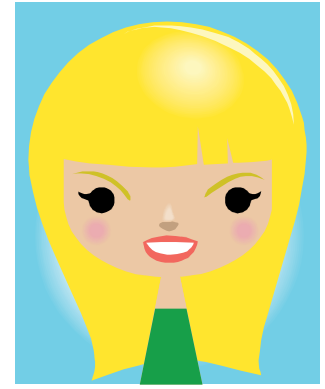
Percent of students who report using marijuana in the past 30 days



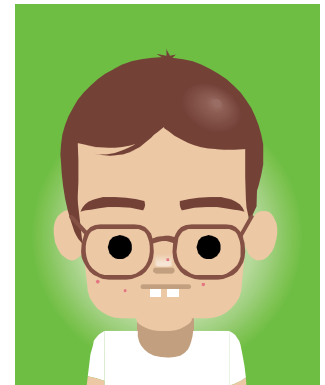
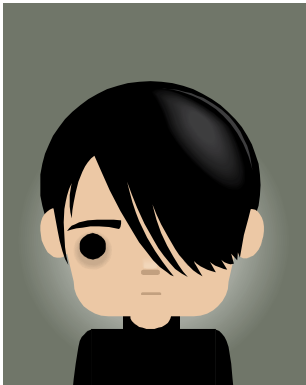
# Current Alcohol Use

Percent of students who report having drunk a glass, can, or bottle of alcohol in the past 30 days





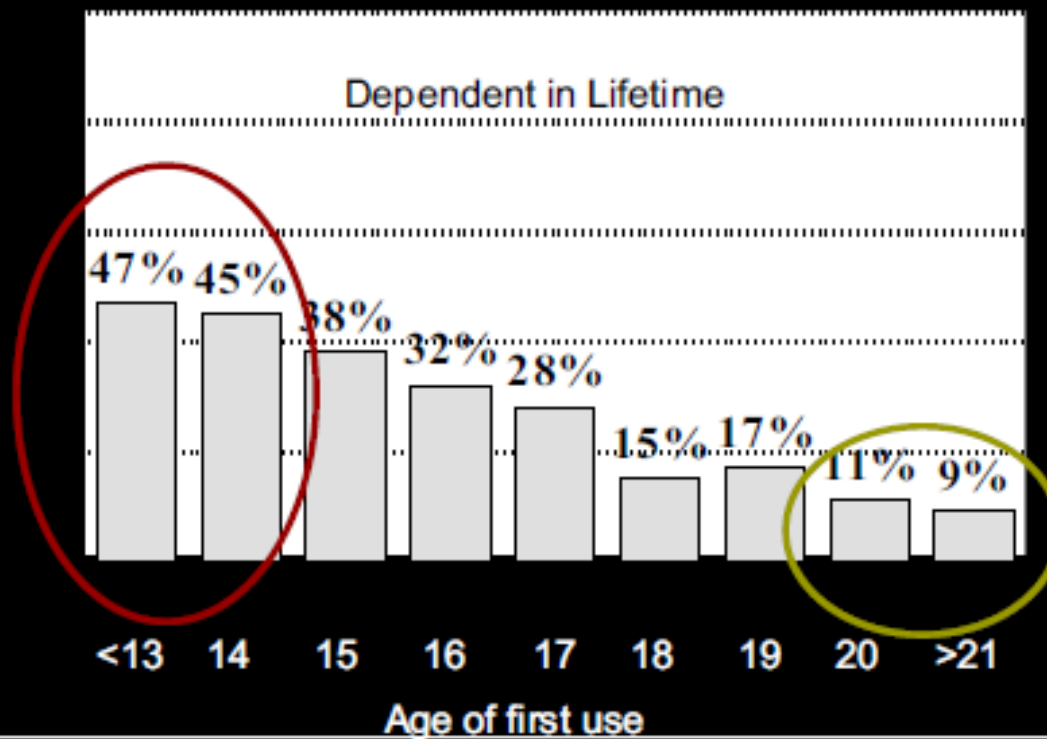
It's just experimentation, right?



# Early Initiation

S D  
R G

## Percentage of U.S. Adults Aged 18 and Older Dependent on Alcohol, By Age of Drinking Onset

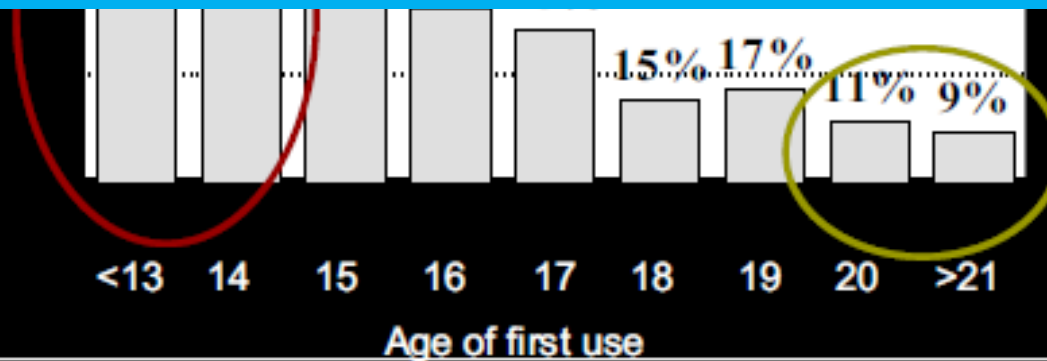


Hingson, R.W., Heeren, T., and Winter, M.R. "Age at Drinking Onset and Alcohol Dependence," *Archives of Pediatrics and Adolescent Medicine* 160(7):739-746, 2006.

# Early Initiation

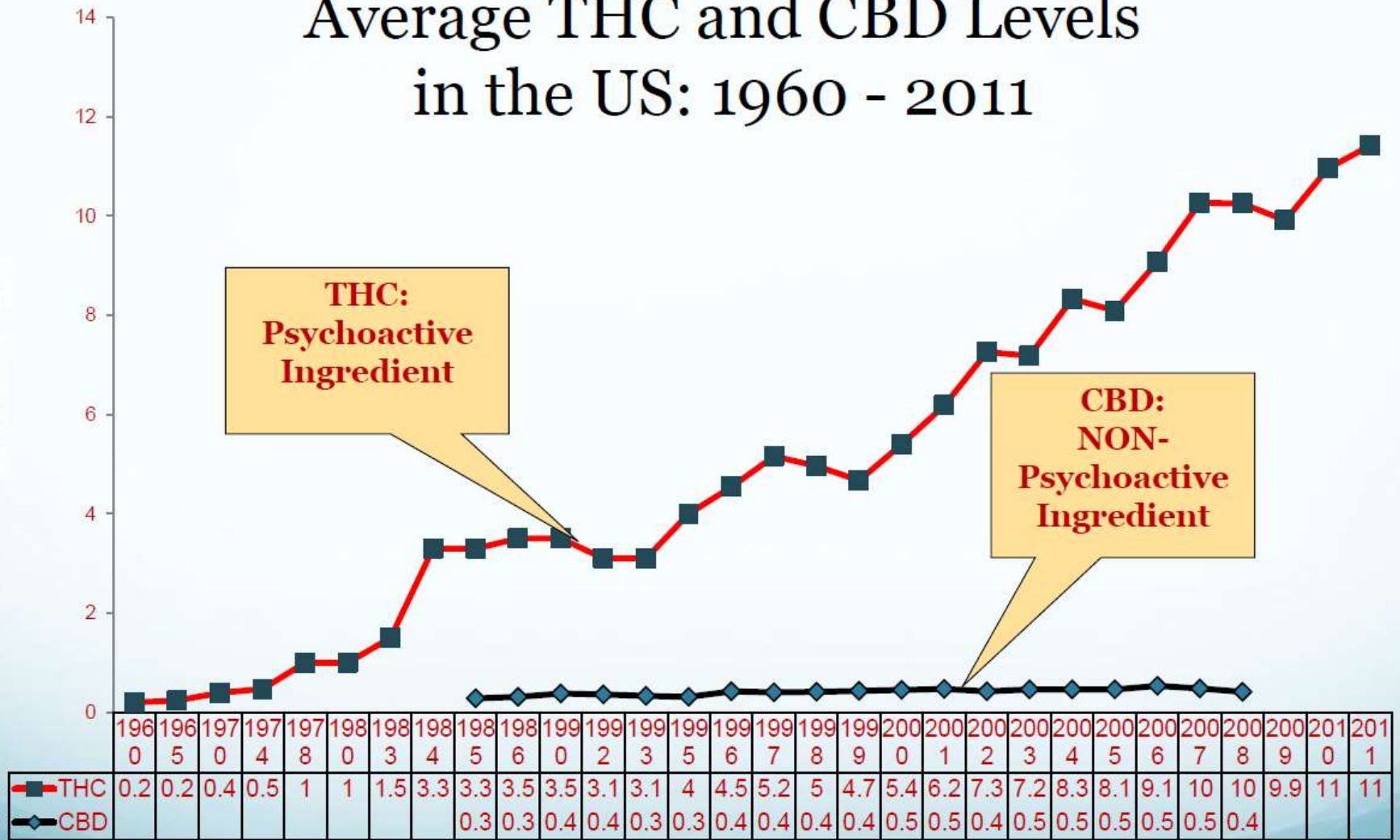
S D

**1 in 6 teens**  
become addicted or dependent on  
marijuana compared to  
**1 in 10 adults**



Hingson, R.W., Heeren, T., and Winter, M.R. "Age at Drinking Onset and Alcohol Dependence," *Archives of Pediatrics and Adolescent Medicine* 160(7):739-746, 2006.

# Average THC and CBD Levels in the US: 1960 - 2011

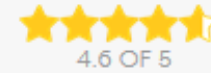


Mehmedic et al., 2010

⊕ Bean's Widow (20.01% THC) by Royal Roots

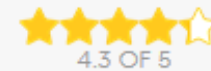
Hybrid // Available in 3.5g for \$24 // grown by Royal Roots

⊕ Mt. Rainier #10 (23.3% THC) by Green Rush



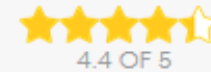
Hybrid // Available in 2g for \$26 or 7g for 92 // grown by Green Rush

⊕ Hawaiiin Dutch ( 24.8% THC ) by Subdued  
Excitement

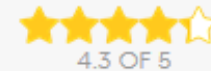


Sativa Dominant Flower // Available in 3.5g for \$53 and 7g for \$103 //

⊕ Blue Dream (19% THC) by Double Delicious

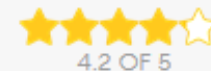


⊕ Black Russian ( 20.5% THC ) by Inflorescence

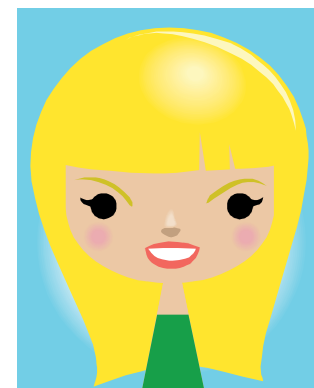
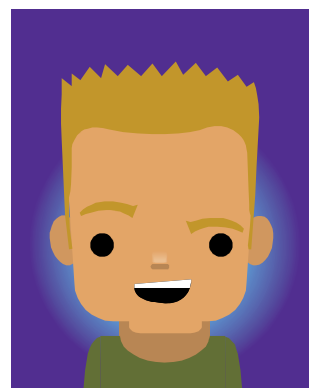


Indica Dominant // Available in 3.5g for \$40 and 14g for \$140 //

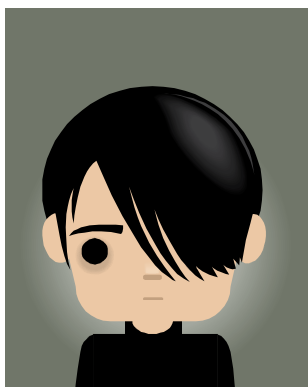
⊕ Raspberry Kush ( 21% THC ) by Inflorescence



Indica Dominant // Available in 3.5g for \$40 and 14g for \$140 //



Families are #1





# When your child is feeling anxious:

- Help them recognize the feeling
- Name it, describe it = normalize it
- Find strategies that work for them
  - Get some space
  - Go on a walk, exercise
  - Mindfulness meditation
  - Worry time
- Seek professional help, if appropriate

**F**REEZE – pause and take some deep breaths with your child

**E**MPATHIZE – anxiety is scary, your child wants to know that you get it

**E**VALUATE – once your child is calm, help them figure out some possible solutions

**L**ET GO – you are an amazing parent giving your child the tools to manage their worry!

## KEY STRATEGIES

- 1. Model Healthy Behavior**
- 2. Communicate with your Teen**
- 3. Set Expectations**
- 4. Keep Track of Your Children**
- 5. Network**

# Model Healthy Behavior

- Take care of your own mental health – show your child it is important
- Think about the way you drink, use drugs

Compared to teens who have not seen their parents drunk, those who have are:

- More than twice as likely to get drunk in a typical month
- 3 times likelier to use marijuana and smoke cigarettes
- 51% of 17-year olds have seen one or both of their parents drunk
- 34% of 12- to 17-year olds have seen one or both of their parents drunk

## KEY STRATEGIES

1. Model Healthy Behavior
2. Communicate with your Teen
3. Set Expectations
4. Keep Track of Your Children
5. Network

# Eckstein Parent Survey

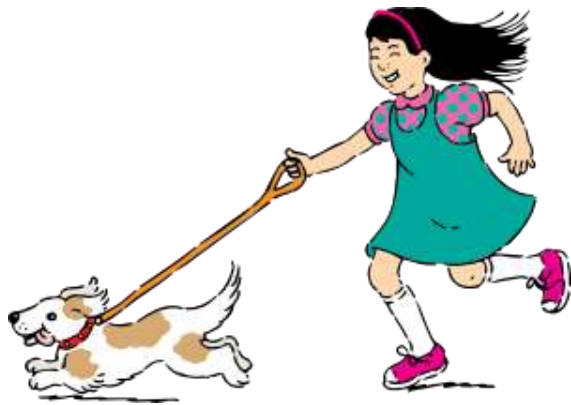
Among youth in NE Seattle, how much of a problem are these issues?

- Over 87% of parents report talking with their children about alcohol in the last 3 months
- Over 78% of parents report talking with their children about marijuana in last 3 months



# Communicate with Your Teen

- How does your family discuss tough topics?
- How does your child react?



## KEY STRATEGIES

1. Model Healthy Behavior
2. Communicate with your Teen
3. Set Expectations
4. Keep Track of Your Children
5. Network



# GMC

G = Guidelines

Know what you want and why

M = Monitor

Check to see if you get it

C = Consequences

- When you get what you want, acknowledge and celebrate
- When you don't get what you want, "correct the course" with consistent and appropriate consequences

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Know what you want and why

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# How do you feel about...

A 14 year old child:

- Hanging out with a friend known to smoke
- Drinking champagne at a wedding or special event
- Going to a friend's house in the evening without a parent at home

# GMC

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Check to see if you get it

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- When you get what you want, acknowledge and celebrate
- When you don't get what you want, "correct the course" with consistent and appropriate consequences



# GMC

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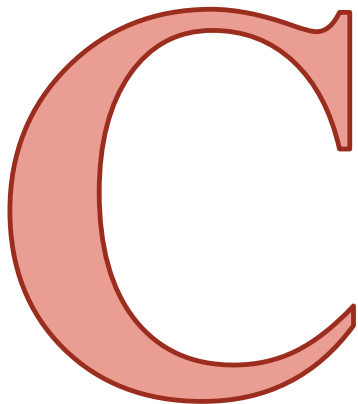
Check to see if you get it

C = Consequences

- When you get what you want, acknowledge and celebrate
- When you don't get what you want, "correct the course" with consistent and appropriate consequences

# Consequences

- What are possible acknowledgements when your child follows the family guidelines?
- What are possible consequences to breaking family guidelines around drug use?



Cell Phone

Cash / Credit

Computer

Car

Clothes

Curfew

Chores

Companions

## KEY STRATEGIES

1. Model Healthy Behavior
2. Communicate with your Teen
3. Set Expectations
4. Keep Track of Your Children
5. Network

**On a 1-10 scale,**

How hard would it be to talk with  
other parents about this?

What would you say?



# Eckstein Services





Lisa Davidson

Seattle Public Schools

[Imdavidson@seattleschools.org](mailto:Imdavidson@seattleschools.org)

206-252-0859