



STUDENTS

Prior to the presentation an outreach kit will be sent to your school from Herren Project. Student outreach services will be provided by Herren Project as follow up to Chris's presentation. Please note, all students are encouraged to reach out to a trusted adult within your school community. Trusted adults may include a school counselor, teacher, coach or parent.

PARENTS

Studies show that parents influence whether and when adolescents begin drinking as well as how their children drink. Family policies about adolescent drinking in the home and the way parents themselves drink are important. For instance, if you choose to drink, always model responsible alcohol consumption. But what else can parents do to help minimize the likelihood that their adolescent will choose to drink and that such drinking, if it does occur, will become problematic? Studies have shown that it is important to:

- Talk early and often, in developmentally appropriate ways, with children and teens about your concerns—and theirs—regarding alcohol. Adolescents who know their parents' opinions about youth drinking are more likely to fall in line with their expectations.
- Establish policies early on and be consistent in setting expectations and enforcing rules. Adolescents do feel that parents should have a say in decisions about drinking and they maintain this deference to parental authority as long as they perceive the message to be legitimate; consistency is central to legitimacy.



PROVIDING RESOURCES & ASSISTANCE



PARENTS (CONT.)

- Work with other parents to monitor where kids are gathering and what they are doing. Being involved in the lives of adolescents is key to keeping them safe.
- Work in and with the community to promote dialogue about underage drinking and the creation and implementation of action steps to address it.
- Be aware of your state's laws about providing alcohol to your own children.
- Never provide alcohol to someone else's child.

Children and adolescents often feel competing urges to comply with and resist parental influences. During childhood, the balance usually tilts toward compliance but during adolescence, the balance often shifts toward resistance as teens prepare for the autonomy of adulthood. With open, respectful communication and explanations of boundaries and expectations, parents can continue to influence their children's decisions well into adolescence and beyond.

To access parent resources on the topic of substance use, visit the Partnership for Drug-Free Kids at <https://drugfree.org>. Resources include prevention information, ebooks, conversation guides and support tools including a parent helpline and texting app called Help & Hope.





SCHOOLS

In order to sustain Chris Herren's message and impact in your school, we strongly suggest that you implement an awareness campaign and/or comprehensive, research and evidence-based substance use prevention program. Studies show that students can stay substance free if they are empowered with tools to educate and develop the skills to resist using a substance.

Herren Project: www.herrenproject.org

Herren Project empowers youth to stand up and make a difference in their schools and communities, giving students motivation and support through on-line resources as they embrace a message of education and awareness. What makes Herren Project unique and successful is that it is driven by students, empowering our youth to step up and initiate change. When students are armed with the truth and take ownership of something then they are far more likely to follow through and carry the message.

Herren Project offers a multitude of tools, resources, activity guide, support and ideas on how to get the movement started and sustained in your school. Herren Project in schools is a strong supplement to an evidence-based alcohol and drug education program because it reinforces what the students learn in the classroom and allows them to have fun, build community and be themselves substance free.





SCHOOLS (CONT.)

Project ALERT: www.projectalert.com

Project ALERT addresses the pro-drug mindset of today's teens and effectively increases their likelihood to remain drug-free. The curriculum geared towards grades 7 & 8 is free of cost and accessible on-line.

The National Institute on Drug Abuse: www.teens.drugabuse.gov

NIDA offers grade specific lesson plans designed to assist in educating students about the science behind drug abuse. Developed by educators, the modules and lesson plans are easy to integrate into a science and health curriculum. Free publications are available at www.drugpubs.drugabuse.gov.

Operation Prevention: www.operationprevention.com

Operation Prevention is an initiative of the DEA and Discovery Education to educate elementary, middle and high school students about the true impacts of prescription opioid misuse and heroin use.

Reach Out Now (RON): www.scholastic.com/browse/collection.jsp?id=622

Reach Out Now is a collaboration between SAMHSA and Scholastic Inc. to provide effective school-based underage alcohol use prevention materials for Alcohol Awareness Month each April. The Scholastic package consists of materials that are aligned with national education standards.





SCHOOLS (CONT.)

Heads Up: www.headsup.scholastic.com

Since 2002, NIDA and Scholastic Inc. have partnered to create Heads Up: Real News About Drugs and Your Body—a science-based education series that provides teachers and students innovative materials about the effects of drugs and drug use on the brain and body.

Other Resources:

<http://pubs.niaaa.nih.gov/publications/RethinkingDrinking/OrderPage.htm>

A brochure for people of all ages to examine whether their alcohol consumption pattern is healthy.

CONTACT

We hope that you have found this toolkit to be useful and informative as you look to create a school environment that is substance free. If you have any additional questions, please contact Jenny Swider, Herren Talks Communication Director at jenny@herrentalks.com.

