

PROVIDING RESOURCES & ASSISTANCE



STUDENTS

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.



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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 to End Addiction at <https://drugfree.org>. Resources include prevention information, ebooks, conversation guides and support tools including a parent helpline and texting app called Help & Hope.



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SCHOOLS

In order to sustain Chris Herren's message and impact in your school, we strongly suggest that you allow for student reflection following the presentation for processing and questions. Additionally, many schools implement comprehensive, research and evidence-based substance use prevention programs to keep the momentum of Chris Herren's presentation within the community. 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. Below are resources for your use.

SAMPLE: Chris Herren Presentation Reflection Questions

Provided by Notre Dame Academy, MD

- ### Reflection

Use the prompts below to help guide you as you reflect on Chris Herren's presentation.
You may write in the spaces provided or just reflect quietly.
Do what feels comfortable for you right now.
- As you reflect on today's presentation, what is coming up for you? (Name any thoughts, feelings, or reactions) Was there anything specific that struck you?
 - Chris Herren talked about different pressures that he felt (from society, family, himself) – are there pressures that you feel right now? Can you describe how this feels for you and how you manage this pressure?
 - Many people who are struggling (with mental health, substance abuse, addiction, etc.) have a hard time reaching out and asking for help. Why do you think this is? What might prevent someone from reaching out?
 - What does it mean (to you) to belong? What do you believe are the consequences of not belonging?
 - Please add any additional thoughts, reflections or questions that are coming up for you right now.

Write a poem | Draw a picture | Create a design | Pick a word or phrase & write it over and over | All creativity is welcome!

The Power of Expression

Like many teens, Chris struggled to love & accept himself and turned to alcohol to manage and cope with intense & painful emotions. His alcohol use led to drug abuse which ultimately developed into the disease of substance abuse disorder.

When we learn & practice strategies to express & manage our inner struggles, we are better equipped to manage life's challenges.

CREATE

- Giving voice to our thoughts & feelings through creative outlets (journaling, art, music, dance, etc.) can help release some of the mental-emotional pressure we may feel inside.



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SCHOOLS (CONT.)

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. Herren Project Clubs in schools is a strong supplement to Chris Herren's presentation and 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.

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.

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.

