

# January

## Drug Epidemic: Opioids, Steroids, Prescription Drugs & The Effects on the Body, and the Brain

In the month of January, we address the dangers of controlled substances. There are discussions addressing the side effects of drugs, steroids, other prescriptions drugs, misuse, use and abuse. We also cover the effects of these substances on the brain and body. Through the month we touch upon some of the physiological, psychological, sociological, and legal effects of these substances on the individual, the family, and society.

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*“There is no such thing as a perfect parent. So just be a real one.” – Sue Atkins*

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- Drug Classifications and Substance Abuse Prevention
- Contributors to controlled substance use/abuse
- Treatment for controlled substance use/abuse
- Increased risk related to controlled substances use/abuse  
ie. sexual assault, pregnancy, STIs/STDs
- Diseases related to controlled substances use/abuse
- Health risk related to controlled substance use/abuse
- Hygiene issues related to controlled substance use/abuse
- Legal Consequences
- Financial Consequences
- Controlled Substances and Inhalants
  1. Short-term/Long-term effects
  2. Social, emotional, mental, and physical effects
  3. Uses and misuses
  4. Directions and effectiveness
- Correlate Substance use with challenges that may occur at various life stages

## Daily Conversations/Activities

January 1 – January 7  
Addiction, Prescription Drugs, and the Brain

### Monday, January 1, 2018

**TABLE TALK:** Demonstrate the ripple effect. Get a bowl of water. Drop a small pebble in the middle of the bowl and show how the ripples begin in the middle and ripple out toward the edge of the bowl. Explain that through our interconnectedness, each of our lives can affect the world in the same way.

### Tuesday, January 2, 2018

**TABLE TALK:** Discuss the importance of self-preservation. This is a good time to have our child learn to protect themselves from risky situations. Let them know that as a young child it is the parent's roll to protect. However, as they get older it becomes more of their responsibility to show they know how to protect themselves from harmful situations, especially situations that can lead to an addiction.

### Wednesday, January 3, 2018

**TABLE TALK:** Talk to your child about the ways you have seen drugs affect the body, mind, family, and society. Review this month's Stats, Facts, and Links pages. Ask your child for their opinion on the material.

### Thursday, January 4, 2018

**TABLE TALK:** Describe the way drug users become slaves to the drug chase as they obsess over getting their next fix. Talk about the time and power users lose chasing drugs.

### Friday, January 5, 2018

**TABLE TALK:** Talk to your teen about the way drug users become desperate, some even begin to pan handle hoping to get support for their habit.

### Saturday, January 6, 2018

Pick a family activity from page 6

### Sunday, January 7, 2018

Pick a family activity from page 6

## Daily Conversations/Activities

January 8 – January 14

Addiction, Prescription Drugs, and the Brain

**Monday, January 8, 2018**

**TABLE TALK:** Talk to your teen about resilience and the amount of strength that is gained when we can recover from a fall. Review this month's Stats, Facts, and Links pages. Ask your teen for their opinion on the material.

**Wednesday, January 10, 2018**

**TABLE TALK:** Take some time to think about all the stressors that were bothersome for you in adolescence. Be sympathetic to the newness of everything that comes with a teen's maturing process. Share some coping tools that helped you through puberty. Having someone who understands helps promote their mental wellness.

**Friday, January 12, 2018**

**TABLE TALK:** Talk to your teen about their support system. (Mentors, clergy, family, guidance counselors, etc.) Let them know they should be honest about their experiences to get the best support. Has your teen been offered drugs? Ask.

**Saturday, January 13, 2018**

Pick a family activity from page 6

**Tuesday, January 9, 2018**

**TABLE TALK:** Talk to your teen about the way drugs affect our attitudes toward hygiene, family, work, and our ability to focus and stay on task.

**Thursday, January 11, 2018**

**TABLE TALK:** Come up with a list of life goals. If you already have a list, take the time to review and improve on those goals. Every day your teen is learning something new that could spark a new interest or angle. Talk about those developments and the ways you can help them realize their goals. Goals are an anti-drug.

**Sunday, January 14, 2018**

Pick a family activity from page 6

## Daily Conversations/Activities

January 15 – January 21

Drug Epidemic, Prescription Drugs, and the Brain

**Monday, January 15, 2018**

**TABLE TALK:** Find some real-life examples of people who seem to have stopped maturing once they began using drugs. Highlight their decreased quality of life. You could also use someone who is living an active and sober life as an example of the type of life they should strive for. Sadly, because of this addiction, nearly every family has been affected by drug use in some way.

**Wednesday, January 17, 2018**

**TABLE TALK:** Drug use will be one of the few "on the spot" decisions your teen will have to make. Let them know that they can use time to resist drug offering. If someone offers them drugs, they can easily say, not right now, I have things to do. This will let the offering peer know that they do not consider drug use as a lifestyle enhancer.

**Friday, January 19, 2018**

**TABLE TALK:** Talk to your teen about some of the things drug users miss due to their addiction (college, employment opportunities, earnings, family, etc.). Explain the dangers of prescription drugs

**Saturday, January 20, 2018**

Pick a family activity from page 6

**Tuesday, January 16, 2018**

**TABLE TALK:** Talk to your teen about drugs that fall in the category of stimulants. Discuss the side effects and cost that come with deciding to use them. Review this month's Stats, Facts, and Links pages. Ask your teen for their opinion on the material.

**Thursday, January 18, 2018**

**TABLE TALK:** Consider having your teen volunteer at a nursing home so that they can see the quality of life that drug use can lead to.

**Sunday, January 21, 2018**

Pick a family activity from page 6

# Daily Conversations/Activities

January 29 – January 31

Drug Epidemic, Prescription Drugs, and the Brain

## Monday, January 29, 2018

**TABLE TALK:** Discuss the difference between feelings that are generated by drugs and feelings that come from actual work and success. Contrast the quality of the two.

## Wednesday, January 31, 2018

**TABLE TALK:** Talk to your teen about their emotional range. See if they can discern appropriate reactions to situations vs over and under-reactions.

## Tuesday, January 30, 2018

**TABLE TALK:** Tell a story that contrast the daily timeline of someone who has decided to use drugs and those who have not. Let your teen know that drug replace hobbies. NO matter how much they may enjoy something, if they begin to use drugs, drug use will replace that natural enjoyment.

# Family Activities For January

Visit an escape room (problem solving see Jan. 24th)	Visit a health/vitamin store (forming good habits see Jan. 22nd)	Go to the gym (mental wellness see Jan. 10th)
Take a first aid class (mental wellness see Jan 10th)	Take a narcain training course (how drugs affect the body see Jan. 3rd)	Visit a fire station/learn fire safety (protection see Jan 2rd)
Watch a funny movie (coping mechanism see Jan. 26th)	Go bowling (drug free hobbie see Jan. 30th)	Visit a homeless shelter (drug affects quality of life see Jan 17th)
Sit in on a county hearing (affects of drugs on society see Jan. 3rd)	Clean out your medicine cabinet (dangers of prescription drugs see Jan 19th)	Attend a yoga class (coping mechanism see Jan 26th)