

Table Talks Parent Resource

Appendix



Parent's Guide

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FACTS &

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LINKS

January

Here are some useful tips that would surely help you teach your teens to effectively set goals:

- Explain to the teen why goals, be it for the short term or the long term, are very crucial and important. Sometimes, teens would not understand why they would have to set goals when there is no guarantee that these goals will ever be achieved.
- Teach the teen to clearly identify his or her goals. Let your teen define his or her own goals. They should be based on their interests, likes, ambition, knowledge, skill and talent. Because the teens are basically in the age of confusion, wisdom and practical advice from elders and guardians would really be helpful and insightful.
- Make sure to direct them on where to start their goals. The time frame, or the when, of the process should also be suggested. By doing so, the teen would have the clear idea and concept of where he/she would begin to start working toward the achievement of their goals, and how to go about acting on them. Often, important goals in life ought to be started immediately

- Suggest some step-by-step procedures or processes on how the set goals can be achieved. Of course, the teen would eventually figure out the measures he must take to know the techniques, but you must still suggest specific and vivid suggestions on how to effectively accomplish the goals.

News Years Resolution Statistics Data continued

Useful tips that would surely help you teach your teens to effectively set their goals

Remember that as an older person, you are far more knowledgeable and experienced when it comes to the matter of life, so imparting a little knowledge and wisdom would be a welcome note on the part of the teen.

- Orient the teen on how to overcome obstacles and effectively deal with several temporary defeats that are inevitable and are on their way. Teach the teen the value of reverting back and determination in the backdrop of little failures and missed goals. Some wise words and advice would convey the idea.
- Relay several anecdotes or personal experiences about your own goal setting experiences. The personal touch is always the best, and for sure, your teenage son or daughter would learn a lot from your own major goal failures and aborted attempts.

For more information: <http://www.statisticbrain.com/new-years-resolution-statistics/>.

The Myths of Addiction

Your teen is in the developing stage, and it is very easy for them to believe whatever they hear. Explaining the myths of drug addiction thoroughly could open their eyes to a whole new view.

- Ask your teen what they know about drugs to be true
- Discuss with them what are the myths and what are the facts

Five myths about drug abuse and addiction:

MYTH 1: Overcoming addiction is simply a matter of willpower. You can stop using drugs if you really want to. Prolonged exposure to drugs alters the brain in ways that result in powerful cravings and a compulsion to use. These brain changes make it extremely difficult to quit by sheer force of will.

MYTH 2: Addiction is a disease; there's nothing that can be done about it. Most experts agree that addiction is a disease that affects the brain, but that doesn't mean anyone is a helpless victim. The brain changes associated with addiction can be treated and reversed through therapy, medication, exercise, and other treatments.

MYTH 3: Addicts must hit rock bottom before they can get better.

Recovery can begin at any point in the addiction process—and the earlier, the better. The longer drug abuse continues, the stronger the addiction becomes and the harder it is to treat. Don't wait to intervene until the addict has lost everything.

MYTH 4: You can't force someone into treatment; they must want help. Treatment doesn't have to be voluntary to be successful. People who are pressured into treatment by their family, employer, or the legal system are just as likely to benefit as those who choose to enter treatment on their own. As they sober up and their thinking clears, many formerly resistant addicts decide they want to change.

MYTH 5: Treatment didn't work before, so there's no point trying again. Recovery from drug addiction is a long process that often involves setbacks. Relapse doesn't mean that treatment has failed or that sobriety is a lost cause. Rather, it's a signal to get back on track, either by going back to treatment or adjusting the treatment approach.

For more information: <https://www.helpguide.org>

Be Thorough in Explaining Addiction

People experiment with drugs for many different reasons. Many first try drugs out of curiosity, to have a good time, because friends are doing it, to improve athletic performance or ease another problem, such as stress, anxiety, or depression. Use doesn't automatically lead to abuse, and there is no specific point at which drug use moves from casual to problematic.

Drug abuse and addiction is less about the amount of substance consumed or the frequency, and more about the reasons people turn to drugs in the first place as well as the consequences of their drug use. If your drug use is causing problems in your life—at work, school, home, or in your relationships—you likely have a drug abuse or addiction problem (Drug Abuse and Addiction).

- Discuss with your teen the things that could put them at greater risk for addiction. ▪ Discuss with your teen that when they experiment with drugs at a young age, it increases their risk for addiction.

Why do some drug users become addicted, while others don't? As with many other conditions and diseases, vulnerability to addiction differs from person to person. Your genes, mental health, family, and social environment all play a role in addiction. **Risk factors that increase your vulnerability include:**

- Family history of addiction
- Abuse, neglect, or other traumatic experiences
- Mental disorders such as depression and anxiety
- Early use of drugs ▪ Method of administration—smoking or injecting a drug may increase its addictive potential

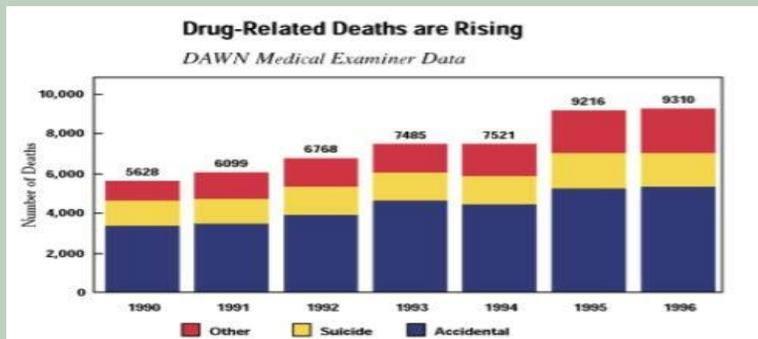
For more information:

<https://www.helpguide.org/articles/addiction/drug-abuse-and-addiction.htm>

Death Related to Drug Abuse

Illegal drugs — such as heroin, marijuana, cocaine, and methamphetamine — inflict serious damage upon America and its citizens every year. Accidents, crime, domestic violence, illness, lost opportunity, and reduced productivity are the direct consequences of substance abuse. Drug and alcohol use by children often is associated with other forms of unhealthy, unproductive behavior, including delinquency and high-risk sexual activity (II. America's Drug Use Profile).

- Talk to your teen about the risks involved using drugs.
- Talk to your teen about the physical, mental, emotional, and criminal consequences of addiction.



For more information:

<https://www.ncjrs.gov/ondcppubs/publications/policy/99ndcs/ii-b.html>

The Results of Drug Abuse on the Brain

In the United States, an estimated 67% of people aged 12 and older consumed alcohol in 2014, while about 6.4% of people met the criteria for alcoholism. Additionally, more than 10% of people aged 12 and older reported past-month use of illegal drugs in 2014. Of those approximately 27 million illicit drug users, 7.1 million people met the criteria for addiction (The Effects of Drug Abuse).

- Ask your teen if they know what drugs do to the brain.
- Discuss with them the risk of brain damage when using drugs. Long-term drug and alcohol abuse can have disastrous physical and mental health consequences. As the body adapts to the presence of a substance, it requires increasing amounts of it to experience the desired results, a process known as tolerance. As a user continues to increase doses, physical dependence may develop, which may subsequently give rise to unpleasant and sometimes deadly withdrawal symptoms once the person stops using the substance.

Physical dependence is different from addiction, but chronic and persistent use may lead to the development of an addiction to drugs or alcohol. Addiction is characterized by compulsive use despite negative consequences. People who suffer from an addiction are unable to control their use and may experience significant impairment in their daily lives.

Some general consequences associated with long-term use or addiction include interference with work, school, or home life, such as job loss, poor work or school performance, suspension or expulsion from school, legal problems, loss of close friends, divorce, and child neglect. Of course, not every user is going to experience these long-term effects, but chronic use increases the likelihood of adverse consequences.