



## Straight Talk for Parents

### OUR MISSION:

**To steer youth straight toward making sound, rational decisions through a learning experience that provides a message of reality to help them make positive, informed choices.**



*Some of the most addicted people in our SCHOOL quit and stuck with it because of you! i'm just so grateful u came to our school, u have helped so many people. So thankful we are that you came. u saved a lot of people.*



*I just want to say a big thank you for coming to my school and talking! I loved hearing your story it really opened my eyes because all of my friends smoke and things like that but I don't ans I have never tried anything but I have been thinking about trying it but after today I don't want to be near any type of drug so thank you it really means a lot!*



## Striving Toward Effective Educated Reality Every Day



## A LITTLE REMINDER THIS WEEK...

- If you or someone you know is struggling with vaping addiction, it is important to seek help and support.
- It is never too late to quit and make positive changes for your health and well-being.
- By taking control of your vaping addiction, you can improve your overall health and well-being, and live a happier, more fulfilling life.



## VAPING LANDSCAPE

Vaping, initially touted as a safer alternative to traditional smoking, has witnessed a surge in popularity over the last decade. However, what started as a potential harm reduction tool has transformed into a major public health concern.

***Here are some eye-opening statistics that shed light on the vaping landscape:***

**Youth Intake:** According to the U.S. Centers for Disease Control and Prevention (CDC), e-cigarette use among high school students in the United States increased dramatically from 1.5% in 2011 to 27.5% in 2019. This trend has raised alarms due to the potential long-term health consequences for young individuals.

**Health Risks:** Vaping-related lung injuries have also made headlines. In 2019, there were over 2,800 cases of vaping-associated lung injuries in the U.S. This highlights the need for heightened awareness regarding the potential risks of vaping.

**Nicotine addiction:** Many e-cigarettes contain nicotine, an addictive substance that can have detrimental effects on the brain, especially in developing minds. The Surgeon General's report in 2016 concluded that nicotine exposure during adolescence can impair cognitive functions and contribute to mood disorders.







# Family Coaching Corner

Updated Topics and Support for Parents



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*A strong parent-child relationship is built on Trust, Understanding & Open Communication*

One of the biggest mistakes I see parents making today is that they don't take the time to understand what a child is really wanting from their parents.

As parents, we love to jump in and “fix” everything, OR we jump in and start lecturing our child when we are upset with what we are hearing.

Neither of these strategies work when it comes to getting our children to open up to us or trust us.

If we want our children to respect us and be willing to come to us, then we have to be willing to change how we communicate.

## 3 WAYS TO THAT PARENTS ARE SABOTAGING THE RELATIONSHIP....

- 1 Jumping in and trying to fix the problem when your child just wants to vent.
- 2 Being inconsistent or unpredictable with your response. This teaches your child NOT to trust you.
- 3 Lecturing your child about how they **SHOULD** have handled things differently. Leaving them wishing they would have kept it a secret. (lectures don't work)

# SEPARATING PARENTING TIME FROM CONNECTING TIME

Most parents will use ANY opportunity they have alone with their child to lecture or drill their child about school, friends, the choices they are making, grades, or responsibility. Parents...*KIDS HATE THIS!* They feel tricked. This will drive a wedge in the relationship.

**If we really want to connect with our child, we want to learn how to separate "parenting time" with "connection time".** That means that when you get your child alone; to go the store, for food, an errand, anything...we want to use this as **"connection time"** (unless you warned them ahead of time that you would be talking about something specific).

Play a video game with them, listen to their music, talk about something they like, take them to get their favorite treat and REFRAIN from bringing up the things they hate talking about. Think of your outings as bonding time. Don't ruin bonding time by bringing up things that will make your child uncomfortable. (unless they have been warned before you left-and even then, keep it to a minimum)

If you want to talk about something serious, then use **"parenting time"** to do that. Call them into a different room than their bedroom and have a talk. You can do this anytime **EXCEPT** for when you are trying to *"bond"* with your child.

*Separate the two.*

**"Parenting time"** is meant to address behaviors, situations that happened at home or school, grades, choices that have been made, misunderstandings, important lessons or talks, etc. *\*Your child probably does not enjoy this time, but it is necessary for a parent to use this time to teach.*

**"Connection time"** is meant to create connection, laughter, trust, understanding, compassion and memories.

*\*Your child will usually enjoy this time IF you stay away from uncomfortable topics.*

Studies show that MOST children want to connect with their parents but don't know how.

**It is OUR job** to create a space for connecting with our child.

*Connecting time with our children*

DON'T CONFUSE IT WITH PARENTING TIME







# MICHAEL R. DELEON

*Michael DeLeon is on a mission: A mission to educate youth to stay on the right path when it comes to serious life issues, especially drugs. He has become the #1 booked school presenter in the country and is the nation's leading expert on Vaping and THC..*

*Michael is the founder and powerhouse behind Steered Straight Inc., a non-profit organization formed in 2007 upon his release from prison and designed to carry an important message to youth on the extreme dangers of drugs, gang involvement and associated criminal activity.*

*Steered Straight's program reaches out to children, teens and young adults with a message of reality about life-choices and the importance of consequential thinking so they understand that there are consequences to their actions. The reality of the message comes from Michael himself, who was entwined in the life of drugs and traveled a troubled road to get to his future.*

*Throughout the country, Michael now leads a team of talented speakers who present a realistic and powerful prevention message. His "no holds back" message resonates well with student assemblies, faculty and parents.*



For more Info visit our website at [www.SteeredStraight.org](http://www.SteeredStraight.org)

## MEET Theri South

She's one of the few Certified Master Transformational Coaches **who specializes in working with teenagers.** She has become the leader in advocating for **teens and working with parents** to heal family relationships and give teens & parents the tools to live their best life. She works with leaders in the community to bring positive messages and important life skills into **assemblies, workshops, classrooms and self-improvement seminars** for children & parents everywhere!



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