



# Building bonds , Nurturing Futures

## NEWSLETTER

### Empowering Parents for Lifelong Conversations

"Straight Talk," your go-to resource for honest, unfiltered conversations about the challenges our teens face regarding drugs and alcohol. In this week's issue, we shed light on the essential goals to guide your conversations with your teens. We believe that open communication is the key to fostering healthy relationships and equipping our teens with the tools they need to navigate the complexities of adolescence.

### THE 5 CONVERSATION GOALS WHEN TALKING TO TEENS ABOUT ALCOHOL AND OTHER DRUGS

- **SHOW YOU DISAPPROVE: IT'S CRUCIAL TO MAKE YOUR STANCE CLEAR - UNDERAGE DRINKING AND DRUG MISUSE ARE NOT ACCEPTABLE. CONVEYING YOUR DISAPPROVAL SETS A FOUNDATION FOR YOUR TEEN'S UNDERSTANDING OF YOUR EXPECTATIONS AND VALUES.**
- **SHOW YOU CARE: DEMONSTRATE GENUINE CONCERN FOR YOUR TEEN'S HEALTH, WELLNESS, AND OVERALL SUCCESS. LET THEM KNOW THAT THEIR WELL-BEING IS YOUR TOP PRIORITY, FOSTERING A SENSE OF SECURITY THAT ENCOURAGES OPEN DIALOGUE.**
- **BE AN INFORMED SOURCE: BECOME A RELIABLE SOURCE OF INFORMATION ABOUT ALCOHOL AND DRUGS. EQUIP YOURSELF WITH ACCURATE FACTS TO ADDRESS ANY QUESTIONS OR CONCERNS YOUR TEEN MAY HAVE. BEING WELL-INFORMED STRENGTHENS YOUR CREDIBILITY AS A TRUSTWORTHY GUIDE.**
- **PAY ATTENTION AND DISCOURAGE RISKY BEHAVIORS: STAY ENGAGED IN YOUR TEEN'S LIFE BY PAYING ATTENTION TO THEIR ACTIVITIES AND FRIENDS. LET THEM KNOW YOU ARE OBSERVANT AND THAT YOU WILL DISCOURAGE ANY RISKY BEHAVIORS. THIS DEMONSTRATES YOUR COMMITMENT TO THEIR SAFETY.**
- **BUILD SKILLS AND STRATEGIES: WORK COLLABORATIVELY WITH YOUR TEEN TO DEVELOP SKILLS AND STRATEGIES FOR AVOIDING THE PITFALLS OF SUBSTANCE USE. ENCOURAGE THEM TO MAKE INFORMED DECISIONS AND NAVIGATE PEER PRESSURE WITH CONFIDENCE.**

**MORE INFORMATION AT [WWW.STEEREDSTRAIGHT.ORG](http://WWW.STEEREDSTRAIGHT.ORG)**

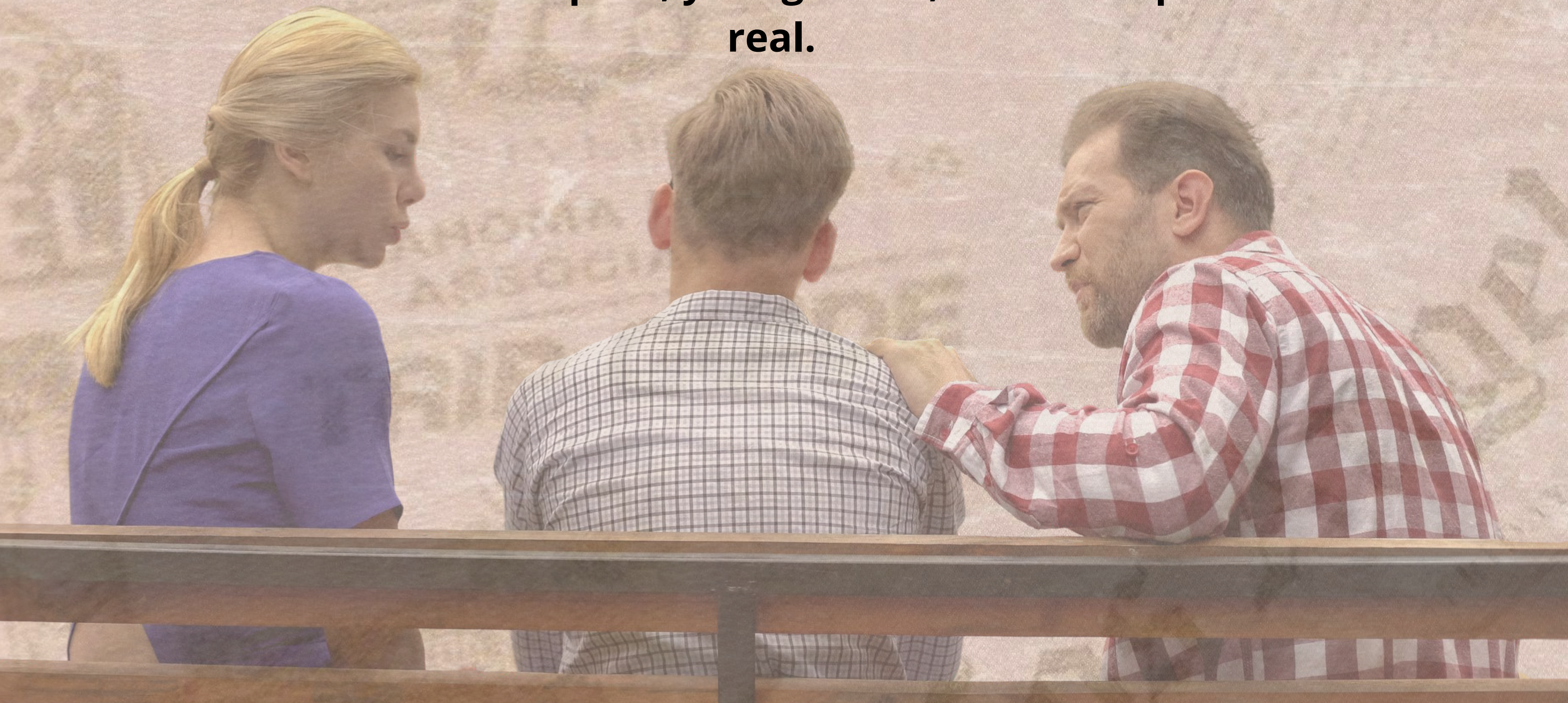




# NEWSLETTER

## AS THEY SAY “CONVERSATION IS KEY!”

It's never too early to start the conversation about the risks of underage drinking and substance use. Remember, no one is immune, and alcoholism can affect people from all walks of life. Whether rich or poor, young or old, the consequences are real.



Thank you for joining us on this mission of fostering healthy conversations and building resilient, informed teens.

**STRAIGHT TALK AIMS TO PROVIDE YOU WITH INFORMATION THAT BUILDS A FOUNDATION OF HOPE. WE BELIEVE IN THE POWER OF COMMUNICATION TO STRENGTHEN YOUR RELATIONSHIP WITH YOUR TEEN. WITH EACH BI-WEEKLY NEWSLETTER, OUR GOAL IS TO OFFER VALUABLE INSIGHTS AND PRACTICAL ADVICE THAT SUPPORTS YOU IN YOUR PARENTING JOURNEY.**

### **PARENTS:**

**IF YOUR TEEN FEELS THEIR LIFE IS SPIRALING OUT OF CONTROL, ADDRESSING THE ROLE OF DRINKING AND DRUGS IS A CRITICAL STEP TOWARD FINDING SOLUTIONS.**

**MORE INFORMATION AT  
[WWW.STEEREDSTRAIGHT.ORG](http://WWW.STEEREDSTRAIGHT.ORG)**

**STAY TUNED FOR OUR NEXT EDITION, WHERE WE'LL DELVE INTO EFFECTIVE COMMUNICATION STRATEGIES TO CONNECT WITH YOUR TEEN ON A DEEPER LEVEL.**





# Family Coaching Corner

Updated Topics and Support for Parents



**50% OF THEIR SELF-CONFIDENCE COMES FROM THEIR MOTHER AND 50% OF THEIR SELF-CONFIDENCE COMES FROM THEIR FATHER.**

- THE WAY A CHILD SEE THEMSELVES WILL BE IMPACTED BY THE WAY THEY SEE THEIR PARENT.
- THIS IS ESPECIALLY IMPORTANT ADVICE IF YOU ARE DIVORCED OR DO NOT GET ALONG WITH YOUR EX.
- LEAVE THE DISCUSSION OF WHO YOUR EX IS OR WHAT YOUR EX DID OUT OF YOUR DAILY TOPICS WITH YOUR TEEN.
- THEY DON'T WANT TO HEAR THE TERRIBLE THINGS. THEY WILL FEEL PAIN FROM FEELING NEGATIVE FEELINGS ABOUT EITHER PARENT.
- IF YOU WANT TO SHOW LOVE TO YOUR CHILD AND BUILD THEM UP AND HELP THEM TO THRIVE THEN SPEAK KINDLY OF THE OTHER PARENT, OR AT MINIMUM, DON'T SAY ANYTHING AT ALL.
- WHEN YOU TALK NEGATIVELY ABOUT THE BIOLOGICAL PARENTS CHARACTER, YOU ARE IN THEIR MINDS, ALSO TALKING ABOUT THEM.



**YOU MAY NOT BE ABLE TO CONTROL WHAT ANOTHER PERSON SAYS ABOUT YOU  
BUT I PROMISE YOU THAT YOUR CHILD WILL GROW UP AND REMEMBER  
HOW YOU SPOKE ABOUT THEIR PARENT.**

Kids don't want to hear the terrible things about their parent. They will feel pain from feeling negative feelings about either parent.

It's hard enough for a child to manage the way they feel about these situations, a parent discussing the details with a child can be so damaging to their development.

This doesn't mean that you don't ever reveal important information to your child, there is a time and place for some conversations to take place, but if your goal in the conversation is always to help your child feel loved and important, the conversation will look very different than if your purpose is to vent, feel validated or let off steam.

You may not be able to control what another person says about you **BUT I PROMISE YOU** that your child will grow up and remember how you spoke about their parent.

And more importantly, they will remember how they felt during those moments that these conversations were going on.

If you want to show love to your child and build them up and help them to thrive then speak kindly of the other parent, or at minimum, don't say anything at all.

When you talk negatively about the biological parents character, you are in their minds, also talking about them.

Vent to a friend. Let your child think you are the bad guy sometimes. Manage yourself around the injustice of it all, and let it work itself out. I promise you that it will.

Kids don't want to hear you bashing on their parent. And even if they chime in, this is damaging for a child, because children get their self-esteem from the way they see **BOTH** of their parents.



**PARENTS:**

**WE REALLY DON'T WANT TO  
GET IN A HABIT OF  
VENTING ABOUT OUR  
PARTNER TO OUR CHILD.**



*Jheri South*  
COACHING  
PARENTS & TEENS



# 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.



[www.SteeredStraight.org](http://www.SteeredStraight.org)

## MEET

*Jheri 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!



[www.jherisouth.com](http://www.jherisouth.com)

