

TAKE THE PLEDGE!

2 PROMOTE HEALTHY BEHAVIORS & COPING SKILLS FOR TEENS IN PLACER

AS PARENTS AND CARING ADULTS, #WEPLLEDGE2

- Be informed. Learn about the latest research & trends in teen substance use.
- Have meaningful conversations with teens about risks & why you don't want them using alcohol, marijuana or other drugs.
- Model & teach healthy coping skills for stress & feelings.
- Have family dinners to encourage sharing & family communication.
- Provide a safe environment at home by not allowing teens to use alcohol, marijuana, tobacco or other substances.
- Provide opportunities for fun and healthy teen activities.
- Share my expectations with parents where my child/teen is spending time to provide a safe/fun place for teens free from alcohol or other drugs.

AS TEENS, #WEPLLEDGE2

- Reach out to a friend or trusted adult if feeling stressed, unhappy, or anxious.
- Talk to parents about peer pressures and ask for help.
- Support peers to make healthy choices when dealing with stress. For example: go for a hike, mindfulness, yoga, sports or talking to a counselor or other trusted adult.
- Be informed. Learn about research & risks of teen use of alcohol, marijuana and other drugs. (Seek out credible resources where the research is **not** sponsored by the industry of substance.)

#WHAT'S YOUR PLEDGE?



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AS LAW ENFORCEMENT, #WELEDGE2

- Enforce Social Host Ordinances that hold adults accountable for allowing minors to use alcohol, marijuana, or other substances.
- Encourage positive mentoring opportunities with local youth.
- Inform schools, parents & community about the latest trends.

AS PHYSICIANS AND DENTISTS, #WELEDGE2

- Screen for early signs of substance use in youth & refer to resources when needed.
- Avoid prescribing opioids & suggest alternative pain management.
- Educate patients using opioids on risks & how to prevent addiction & overdose.
- Increase access to overdose reversal drug Naloxone when prescribing opioids.

AS EDUCATORS AND COACHES, #WELEDGE2

- Educate students and athletes on negative effects of substance use on physical & mental health, athletic performance & academics.
- Model healthy behaviors, leadership & integrity.

#WHAT'S YOUR PLEDGE?

