

let's talk about prevention!

In recognition of National Drug and Alcohol Facts Week (March 21-27), Decisions at Every Turn has prepared a prevention packet specifically for parents & caregivers of children 5-8.

Whether you are already having these conversations with your children, or are looking for tips & resources on how to start, these materials can help you communicate that making healthy decisions is a great choice!

Learn more about DAET:

ashlanddecisions.org

www.facebook.com/ashlanddecisions

twitter.com/AshlandDAET

coalitioninfo@ashlanddecisions.org

kristin.french@AshlandDecisions.org

talia.seavey@AshlandDecisions.org

REMEMBER - You know your child best and how ready they are for these conversations. Prevention discussions are not a one time thing - these are ongoing opportunities to talk with your child about staying healthy. When you're ready, these suggestions can help guide you and your family.



Building Communication for a Healthy Lifestyle

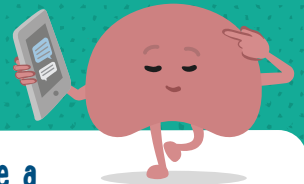
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Make them the expert.

- Ask about something your kids are passionate about: baseball, music, art, food, or videogames.



Teach them to say YES to a healthy lifestyle and NO to underage drinking.

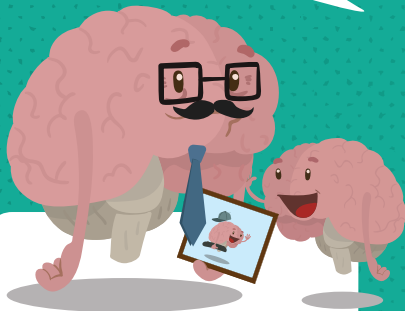


Have a silent conversation.

- For kids who may find it hard to open up face-to-face, use text messages or email to exchange sentiments and feelings.

Relax during your quality time.

- Cheer on your favorite sports team.
- Cook dinner together or try a meal service.
- Complete a home project together.



Pull out old photos or videos from when they (or you!) were young.

Stay Positive.



Plan out a weekend vacation or staycation.

- Conversations flow while you're having fun at a bowling alley, on a hike, at the beach, or during a picnic.



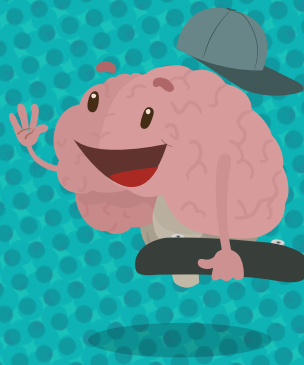
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Keep it authentic.

Ask thoughtful questions with open-ended answers.

- What was the best part of being a little kid?
- When you are a parent, what will you do differently?
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Alcohol and the Developing Brain

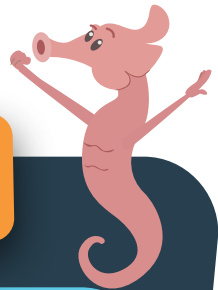


Find more free resources at asklistenlearn.org

Responsibility.org's *Ask, Listen, Learn: Kids and Alcohol Don't Mix* program features interactive materials to help you talk to your kids about saying YES to a healthy lifestyle and NO to underage drinking!

Get started with our information about the dangers of underage drinking and how to say NO. This will help you and your child discover how alcohol affects the brain while jump-starting important discussions about the dangers of underage drinking.

Visit asklistenlearn.org for more free resources to share with your kids!



Helping Your Kids Say NO to Underage Drinking

Share these ideas with your kids and then continue the conversation by asking, "What are more ways to say NO to underage drinking?"

1 **Be blunt.**
"No, I'll pass."

2 **Divert the attention.**
"Nope, I'll go shoot some hoops instead."

3 **Keep your cool.**
"No thanks, that's not my thing."

4 **Shake it off.**
"No way, I'm not into that!"

5 **Blame mom and dad.**
"No thanks, my parents would kill me."

6 **Blow it off.**
"Nah, that's nothing but trouble."

7 **Stay honest.**
"And get grounded for life? I don't think so."

8 **Think of your future.**
"I've got to study."

9 **Make a healthy choice.**
"Not today: I'll wait."

10 **Communicate clearly.**
"No. Just no."



prevention tips for talking to kids 5-8 about alcohol & other drugs

Elementary-aged children still want close family connections, but are beginning to explore their individuality and the world around them. This may include questions about medicine, alcohol, or other substances. These suggestions can help answer questions or start important conversations about making good choices to stay healthy.



Keep your discussion focused on the present - long term consequences are too distant to have meaning for most children this age.



Set clear rules & expectations: Alcohol and other substances are dangerous for kids whose brains & bodies are still developing.



Talk to your kids about substance-related messages they see on TV, in movies, or overhear at school. Ask your kids how they feel about the things they've seen and heard.



Always keep medication and alcohol locked up in a safe place where children cannot access it.



When you use medication in the house, talk about why you are using the medicine and how it can only be used by the person who is unwell.



Discuss the differences between medicinal uses & illegal uses of drugs, and how taking any medicine the wrong way can be dangerous.



Take a two-pronged approach: Repeat simple information about the dangers of alcohol, tobacco and other drugs - but also about the benefits of nutritious food. Some things are not good for our body and some things are great - like fruit, vegetables, and lots of water.



Recognize & praise your child when they make a good decision.



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prevention resources for kids ages 5-8

for parents & caregivers

Drug Prevention Tips for Every Age

<https://drugfree.org/article/prevention-tips-for-every-age/>

Talking to Kids About Drugs

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Growing Up Drug Free: A Parents Guide to Prevention

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

DAET Parenting for Prevention: How to Talk to Your Kids at Any Age

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

for parents & kids to watch together

Wellbeing for Children: Healthy Habits

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Making Healthy Choices

<https://www.youtube.com/watch?app=desktop&v=l5akBR7k4p0>

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¡hablemos de prevención!

En reconocimiento al Mes Nacional de Concientización sobre el Alcohol, Decisions at Every Turn (Decisiones a todo momento) ha preparado un paquete de prevención específicamente para padres y cuidadores de niños de 5 a 8 años.

Si ya está teniendo estas conversaciones con sus niños, o está buscando consejos y recursos sobre como empezar, estos materiales pueden ayudarlo a comunicar que tomar decisiones saludables es una gran elección!

Más información sobre DAET
(Decisiones a todo momento por sus siglas en inglés):

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RECUERDE- Usted conoce mejor a su hijo y que tan listo es para estas conversaciones. Las conversaciones de prevención no son una cosa de una sola vez- estas son oportunidades continuas para hablar con su hijo sobre mantenerse saludable. Cuando este listo/a, estas sugerencias pueden ayudar a guiarlo/la a Ud. y su familia.



Building Communication for a Healthy Lifestyle

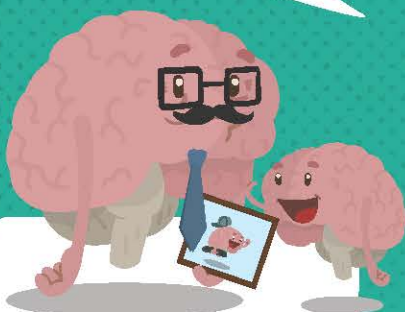
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- Ask about something your kids are passionate about: baseball, music, art, food, or videogames.



Teach them to say YES to a healthy lifestyle and NO to underage drinking.



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Relax during your quality time.

- Cheer on your favorite sports team.
- Cook dinner together or try a meal service.
- Complete a home project together.

Have a silent conversation.

- For kids who may find it hard to open up face-to-face, use text messages or email to exchange sentiments and feelings.

Stay Positive.



Plan out a weekend vacation or staycation.

- Conversations flow while you're having fun at a bowling alley, on a hike, at the beach, or during a picnic.



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Keep it authentic.

Ask thoughtful questions with open-ended answers.

- What was the best part of being a little kid?
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consejos para hablar a niños de 5 a 8 años sobre la prevención del alcohol y otras drogas

Los niños de primaria todavía quieren conexiones con familiares cercanas, pero están comenzando a explorar su individualidad y el mundo que les rodea. Esto puede incluir preguntas sobre medicamentos, alcohol u otras sustancias. Estas sugerencias pueden ayudar a contestar preguntas o iniciar conversaciones importantes acerca de tomar buenas decisiones para mantenerse saludable.

- ✓ Mantenga su conversación enfocada en el presente - consecuencias a largo plazo son demasiado distantes para tener significado para la mayoría de los niños de esta edad.
- ✓ Establezca reglas y expectativas claras: el alcohol y otras sustancias son peligrosos para los niños cuyos cerebros y cuerpos aún se están desarrollando.
- ✓ Hable con sus hijos sobre los mensajes relacionados con las sustancias que ven en la televisión, en las películas, u oír por casualidad en la escuela. Pregúnteles a sus hijos cómo se sienten acerca de las cosas que han visto y oído.
- ✓ Siempre guarde los medicamentos y el alcohol bajo llave en un lugar seguro donde los niños no pueden accederlos.
- ✓ Cuando use medicamentos en la casa, explique por qué los está usando el medicamento y sólo puede ser utilizado por la persona que no se encuentra bien.
- ✓ Hable de las diferencias entre los usos medicinales y los usos ilegales de medicamentos, y que tomar cualquier medicamento de manera incorrecta puede ser peligroso.
- ✓ Adopte un enfoque doble: repita información simple sobre los peligros del alcohol, el tabaco y otras drogas, sino también sobre los beneficios de los alimentos nutritivos. Algunas cosas no son buenas para nuestro cuerpo y algunas cosas son geniales, como las frutas, las verduras y mucha agua.
- ✓ Reconozca y elogie a su hijo cuando tome una buena decisión.

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recursos de prevención para niños de 5 a 8 años

para padres y cuidadores/as

Consejos de prevención de drogas para todas las edades

<https://drugfree.org/article/prevention-tips-for-every-age/>

Hablar con los niños sobre las drogas

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Crecer libre de drogas: una guía para padres sobre la prevención

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

DAET Crianza para la prevención: hablar con sus hijos a cualquier edad

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

para que padres e hijos vean juntos

Bienestar para los niños: Hábitos saludables

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Tomar decisiones saludables

<https://www.youtube.com/watch?app=desktop&v=l5akBR7k4p0>

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VAMOS CONVERSAR SOBRE PREVENÇÃO

Em reconhecimento pela Semana Nacional dos Fatos das Drogas e Alcool (21-27 de março), Decisions at Every Turn preparou um pacote de prevenção especialmente para os pais e responsáveis de crianças de 5-8 anos de idade.

Mesmo que voce ja esteja tendo esse tipo de conversa com sua(s) criança(s), ou ja esteja procurando por dicas e recursos em como começar, esses materiais podem ajudar na sua comunicacao que tomar decisões saudáveis e a melhor opção.

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LEMBRE: Você conhece bem a sua criança e sabe o quanto ela esta pronta para esse tipo de conversa. A discussao sobre prevenção não são uma coisa única – são oportunidades contínuas para conversar com sua criança sobre se manter saudável. Quando voce estiver pronta(o), essas sugestões podem ajudar a orientar vocêe sua família.

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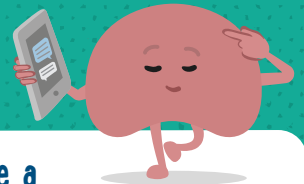
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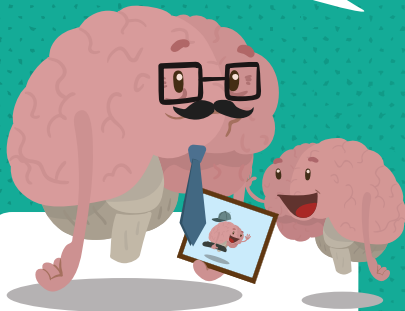


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Dicas de prevenção para conversar com crianças da idade de 5-8 anos sobre álcool & outras drogas

As crianças do ensino fundamental ainda querem conexões familiares próximas, mas estão começando a explorar sua individualidade e o mundo ao seu redor. Isso pode incluir perguntas sobre medicamentos, álcool ou outras substâncias. Essas sugestões podem ajudar a responder perguntas ou iniciar conversas importantes sobre como fazer boas escolhas para se manter saudável

- ✓ Mantenha sua discussão focada, pois as consequências atuais a longo prazo são muito distantes para terem significado para a maioria das crianças dessa idade.
- ✓ Defina regras e expectativas claras: álcool e outras substâncias são perigosas para crianças cujos corpos e cérebros ainda estão em desenvolvimento.
- ✓ Converse com seus filhos sobre mensagens relacionadas a substâncias que eles veem na TV, em filmes ou ouvem na escola. Pergunte a seus filhos como eles se sentem sobre as coisas que veem e ouvem.
- ✓ Mantenha sempre a medicação e bebidas alcólicas em um lugar seguro, onde as crianças não possam acessá-lo.
- ✓ Quando você usar medicação em casa, fale sobre o motivo pelo qual você está usando o medicamento e como ele só pode ser usado pela pessoa que está doente.
- ✓ Fale sobre as diferenças entre usos medicinais e usos ilegais de drogas, e como tomar qualquer medicamento de maneira errada pode ser perigoso.
- ✓ Adote uma abordagem em duas frentes: Repita informações simples sobre o perigo do álcool, tabaco e outras drogas – mas também fale sobre os benefícios dos alimentos nutritivos. Algumas coisas não são boas para o nosso corpo e outras são ótimas – como frutas, legumes e muita água.
- ✓ Reconheça e elogie sua criança quando ela tomar uma boa decisão.



LEMBRE: Você conhece bem a sua criança e sabe o quanto ela está pronta para esse tipo de conversa. A discussão sobre prevenção não são uma coisa única – são oportunidades contínuas para conversar com sua criança sobre se manter saudável. Quando você estiver pronto(o), essas sugestões podem ajudar a orientar você e sua família.

Reconheça e elogie sua criança quando ela tomar uma boa decisão

Para Pais & Responsáveis

Dicas de Prevenção de Drogas para todas as Idades

<https://drugfree.org/article/prevention-tips-for-every-age/>

Conversando com as Crianças sobre Drogas

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Crescendo sem Drogas: Um Guia para os Pais sobre Prevenção

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

DAET Parenting for Prevention:

Como Conversar com Suas Crianças em Qualquer Idade

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

Para pais & filhos assistirem juntos

Bem-estar das Crianças: Hábitos Saudáveis

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Fazendo Escolhas Saudáveis

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yobō ni tsuite hanashimashou!

Nashosemi arukōru au~eanesu Month o kinen shite, Decisions at Every Turn wa, 5 ~ 8-sai no kodomo-tachi no oya to hogo-sha no tame ni tokubetsu ni yobō paketto o yōi shimashita.

Anata ga sudeni anata no kodomo to korera no kaiwa o shite iru, matawa hajimeru hōhō ni kansuru hinto to risōsu o sagashite iru ka dō ka ni kakawarazu, korera no shiryō wa anata ga kenkō-tekina kettei o suru koto ga subarashī sentakudearu koto o tsutaeru no o tasukeru koto ga dekimasu!

DAET no shōsai:

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arimasen - korera wa kenkō o iji suru koto ni tsuite anata no kodomo to hanasu keizoku-tekina kikaidesu. Junbi ga dekitara, korera no teian wa anata to anata no kazoku o michibiku no ni yakudachimasu.

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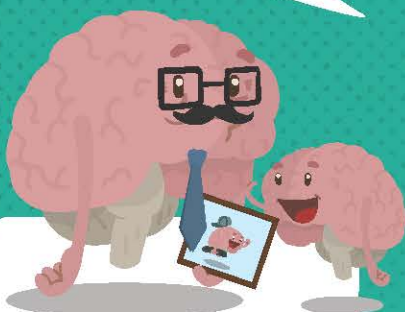
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hanasu tame no yobō no hinto 5 ~ 8-sai no kodomo-muke arukōru ya hoka no kusuri ni tsuite

Shōgakusei no kodomo-tachi wa mada kazoku to no missetsuna tsunagari o nozonde imasuga, karera no kosei to karera no mawari no sekai o tankyū shi hajimete imasu. Kore ni wa, -yaku, arukōru, matawa sonohoka no busshitsu ni kansuru shitsumon ga fukuma reru baai ga arimasu. Korera no teian wa, kenkō o iji suru tame no yoi sentaku o suru koto ni tsuite no shitsumon ni kotae tari, jūyōna kaiwa o hajimeru no ni yakudachimasu.

- ✓ Anata no giron o genzai ni shōten o awase tsudzukete kudasai - chōki-tekina kekka wa, kono nenrei no hotondo no kodomo-tachi ni totte imi o motsu ni wa tō sugimasu.
- ✓ Meikakuna rūru to kitai o settei suru: Arukōru ya sonohoka no busshitsu wa, nō ya karada ga mada hattatsu shite iru kodomo ni totte kikendesu.
- ✓ Terebi ya eiga de mi tari, gakkō de mimi ni shi tari suru busshitsu kanren no messēji ni tsuite, kodomo-tachi to hanashiatte kudasai. Kodomo-tachi ni, mi tari kii tari shita koto ni tsuite dono yō ni kanjite iru ka tazunemasu.
- ✓ Kusuri to arukōru wa, kodomo ga akusesu dekinai anzen'na basho ni tsuneni tojikomete oite kudasai.
- ✓ Ie de kusuri o tsukau toki wa, naze kusuri o tsukatte iru no ka, taichōgawarui hito dake ga kusuri o tsukau koto ga dekiru no ka o hanashiatte kudasai.
- ✓ Kusuri no shiyō to ihōna shiyō no chigai, oyobi kusuri o machigatta hōhō de fukuyō suru koto wa dono yō ni kikendearu ka ni tsuite hanashiaimasu.
- ✓ 2Tsu no apurōchi o torimasu. Arukōru, tabako, sonohoka no yakubutsu no kiken-sei ni tsuite dakedenaku, eiyōka no takai shokuhin no riten ni tsuite mo kantan'na jōhō o kurikaeshimasu. Kudamono, yasai, takusan no mizu nado, watashitachi no karada ni yokunai mono mo areba, subarashī mono mo arimasu.
- ✓ Karera ga yoi ketsudan o suru toki, anata no kodomo o ninshiki shite, shōsan shite kudasai.



Oboete oite kudasai - anata wa anata no kodomo o mottomo yoku shitte ite, karera ga korera no kaiwa ni dorehodo junbi ga dekite iru ka o shitte imasu. Yobō ni tsuite no hanashiai wa ichido kiri no kotode wa arimasen - korera wa kenkō o iji suru koto ni tsuite anata no kodomo to hanasu keizoku-tekina kikaidesu. Junbi ga dekitara, korera no teian wa anata to anata no kazoku o michibiku no ni yakudachimasu.

yobō risōsu 5 ~ 8-Sai no kodomo-muke

Oya to kaigo-sha no tame ni

Arayuru nenrei no tame no yakubutsu yobō no hinto

<https://drugfree.org/article/prevention-tips-for-every-age/>

Mayaku ni tsuite kodomo-tachi to hanasu

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-children-about-drugs>

Yakubutsu o tsukawazu ni sodatsu: Yobō e no oya no gaido

<https://www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf>

Yobō no tame no DAET kosodate: Arayuru nenrei no kodomo to hanasu hōhō

<https://eadn-wc01-3361090.nxedge.io/cdn/wp-content/uploads/2018/10/How-to-Talk-to-Your-Kids-at-Any-Age-FINAL.pdf>

Oya to kodomo ga issho ni miru tame ni

Kodomo no tame no kōfuku: Kenkō-tekina shūkan

<https://www.youtube.com/watch?v=dhpCdq0tuj0>

Kenkō-tekina sentaku o suru

<https://www.youtube.com/watch?app=desktop&v=l5akBR7k4p0>

Kenkō-tekina sentaku o suru

<https://www.youtube.com/watch?v=br0gEMQbe0Q>



Oboete oite kudasai - anata wa anata no kodomo o mottomo yoku shitte ite, karera ga korera no kaiwa ni dorehodo junbi ga dekite iru ka o shitte imasu. Yobō ni tsuite no hanashiai wa ichido kiri no kotode wa arimasen - korera wa kenkō o iji suru koto ni tsuite anata no kodomo to hanasu keizoku-tekina kikaidesu. Junbi ga dekitara, korera no teian wa anata to anata no kazoku o michibiku no ni yakudachimasu.