

The Parenting Key

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Goals and Objectives

Course Goal: To provide the necessary tools empowering parents to effectively guide interact/communicate with their children in an effort to prevent, diagnose, provide treatment, and manage the overwhelming acceptance and potential of ¹substance abuse by young adults.

Target Audience- Parents of teenage children/young adults who attend middle school, high school and students preparing to attend college.

Course Outline & Key Objectives

I. INTRODUCTION

10 minutes

Presenter and Host: Principal or Superintendent of Schools

Materials: Microphone

Procedure:

- 1- Introduce course goals, objectives and course participants Provide general statistics relating to substance abuse.
- 2- Describe the effects of societal changes in the media, sports, music that create new challenges in managing our children.

II. RECOGNIZING SUBSTANCE ABUSE

15 minutes

Presenter: Members of the Local Police Department

Materials: Front projector for a power point presentation, & microphone

Targeted area: Presenter will focus on marijuana, alcohol, inhalants, over the counter medications, and household prescription drugs. In addition the presenter will focus on nicotine and alcohol as gateway drugs.

Key objective: To provide the tools, knowledge, and awareness in identifying ²controlled dangerous substances and other drugs, its associated paraphernalia, environments, including the related physical, emotional, addictive and withdrawal qualities that is common with its use.

Procedure: Presenter will address the following;

- 3- Identify specific environments conducive to activities related to substance abuse

¹ the misuse of alcohol, cigarettes and both illegal and legal drugs and medications and other mood-altering substances

² Potentially dangerous drugs that are controlled under federal regulation

- 4- Identify the various types of illegal substances, associated paraphernalia, physical and emotional symptoms of the use of controlled dangerous substances
- 5- Presenter will focus discussion on the gateway drugs, nicotine and alcohol. In addition, identification of different types of environments that is conducive to substance abuse, examples: post prom activities, house parties/sleepovers, and the college environment
- 6- Presenter will explain and define addiction
- 7- Presenter will engage audience in conversation pertaining to the importance of parental participation leading to the introduction of the next speaker

III. COMMUNICATION AND CONFLICT MANAGEMENT

90 minutes

Presenter: Parental counselor or similar experienced speaker

Materials: Overhead projector, & microphone

Targeted area: Presenter will focus on parental denial, setting reasonable rules and guidelines. Presenter will stress that it is never too late to implement parental awareness and guidance and will encourage same.

Key objective: To provide the target audience communication, management and intervention skills towards the prevention of the use of controlled dangerous substances and other drugs.

Procedure:

- 8- To build or re-build a strong relationship with your child
- 9- Overcoming parental denial
- 10- Assist your child in developing positive social skills
- 11- Assist your child in developing sensible goals, values and expectations
- 12- Recognize and address teachable moments
- 13- Develop effective communications skills
- 14- Learn the importance of establishing rules, guidelines and the techniques for its implementation
- 15- Responding properly to a variety of crisis situations
- 16- Keeping your child on track avoiding the temptations of irresponsible behavior
- 17- Reinforcement of positive behavior
- 18- Discuss child/parent relationship regarding trust, and privacy issues

IV. RESOURCES AND SUPPORT

10 minutes

Presenter and Host: Principal or Superintendent of Schools

Materials: microphone

Key objective: To identify, and introduce resources and personal within the community that provides support and assistance for the target audience. To explain civil and criminal liability associated with those hosting parties.

Procedure:

- 19- Introduce community resources, police, student assistance counselor, etc.
- 20- Provide contact information for all resource personnel
- 21- The presenter will stress policies concerning confidentiality where and how it is applied under school and State regulations.
- 22- Provide materials, booklets, literature relating to course outline
- 23- Explain the potential civil and criminal ramifications relating to house parties

V. QUESTION & ANSWER SESSION

15 minutes

Presenter and Host: Principal or Superintendent of Schools

Materials: microphone

Key objective: To offer the availability of our target audience to clarify any thoughts, questions or concerns that they may have through a Q&A session involving all participants.

Procedure:

- 24- To provide a platform for participants to ask questions.
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