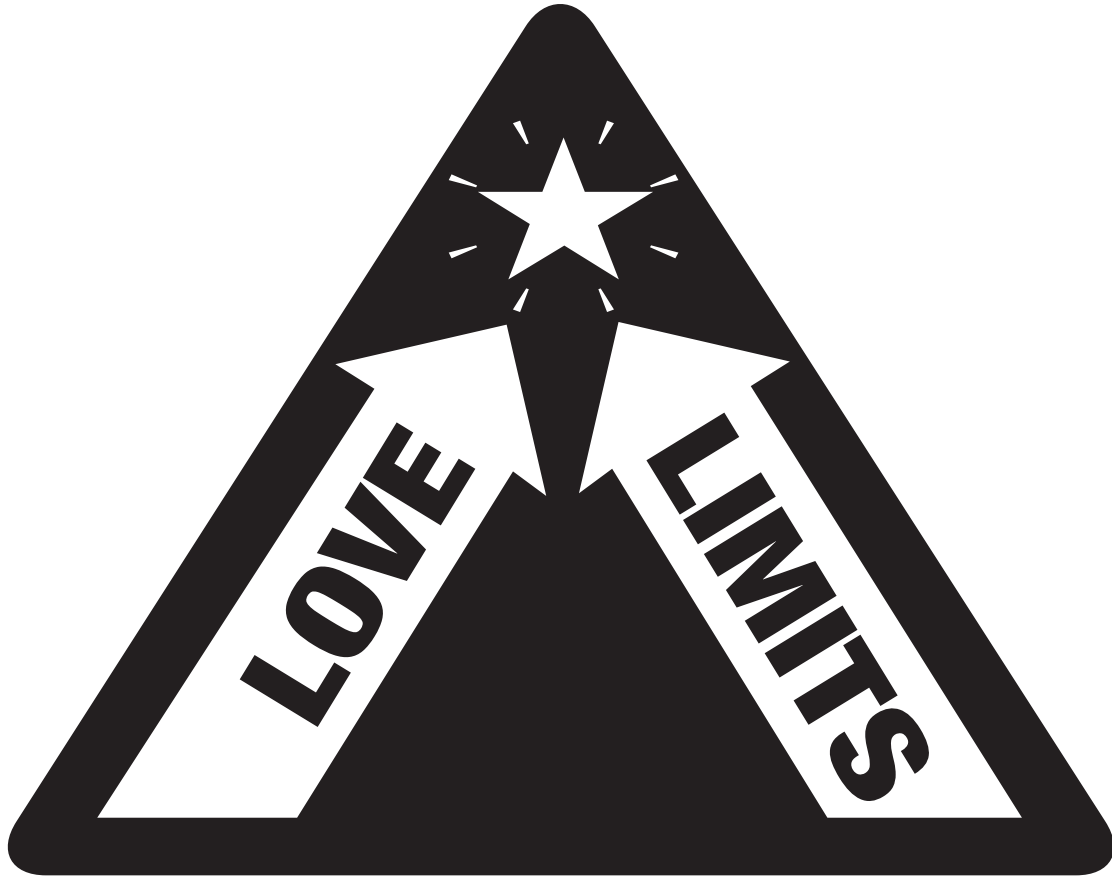


Masters and Samples



Be sure to include the following posters from the Posters file for this session.

1. Tools for Parents – Session 6 Topics
2. Who, What, Where, When
3. Tools and Skills for Parenting Youth – 2 posters
4. Parent Creed

Who, What, Where, When



Who will you be with?

What will you be doing?

Where will you be?

When will you be back?

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Who, What, Where, When



Who will you be with?

What will you be doing?

Where will you be?

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Tools and Skills for Parenting Youth

Things You Can Do to Prevent Substance Abuse

- Listen for feelings
- Have house rules
- Remember the youth's age
- Five-minute chore
- Compliment on good behavior
- Use point chart
- Family meetings
- Find out Who, What, Where, When
- Family fun time
- Use an "I" statement
- One-on-one time
- Leave the room to cool off
- See your youth's point of view
- Remove a privilege
- Talk to your youth about your values and hopes
- Say "no" kindly and firmly
- Use consequences and penalties

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Handling Peer Pressure Steps

- Ask questions. ("What are we going to do?")
- Name the problem. ("That's . . .")
- Tell what could happen. (State a consequence.)
- Suggest another route. ("Why don't we . . .")

If it is then possible to leave the situation, the youth should:

- Start on your way.
- Tell them to join you.

----- OR -----

If the pressure is intense, the youth might need to use the following steps:

- Stay calm and cool.
- Say the person's name.
- Say, "Listen to me."

When they have the attention of the person pressuring them, they can:

- Suggest another route. (Say "I don't want to" firmly or repeat the activity you plan to leave and do.)
- Start on your way.
- Tell them to join you.

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I Love You and I Want Good Things for You

Dear _____

1 When you were born (or when you came to live with me), I was so happy, and I
2 dreamed of what you would be like when you were 5 years old, and 12 years old and
3 all grown up. Some of the dreams I had for you were _____

4 _____.

5 Now that you are ____ years old, I feel proud of you, because _____

6 _____.

7 Some things I hope for you in your teen years are _____

8 _____.

9 Because I love you and because I want these good things for you, I worry about alcohol, smoking
10 and other drugs during your teen years. I'm afraid that if you get involved in drinking and using drugs, these
11 hopes I have for you and the hopes you have for yourself may not come true. These are some of the
12 ways that alcohol, smoking and other drugs could keep you from your hopes and dreams:

13 _____

14 _____.

15 Because I care so much about you and your future, I want to tell you what I expect of you now and in
16 the future regarding alcohol, smoking and other drugs.

17 _____

18 _____

19 _____.

20 I hope you choose to follow these rules. But if you do drink, smoke or use drugs, there will be
21 consequences. We'll decide what the consequences are at the time, but you need to know that you
22 will lose some privileges that are important to you.

23 I love you and I'll do everything I can to help you reach your goals and dreams.

Love,

Masters and Samples



REACHING OUR GOALS

Be sure to include the following posters from the Posters file for this session.

1. Setting Up the Situation – 2 posters
2. Youth Creed



**START
ON**



**YOUR
WAY**

Start on Your Way

Well I'm going to ...

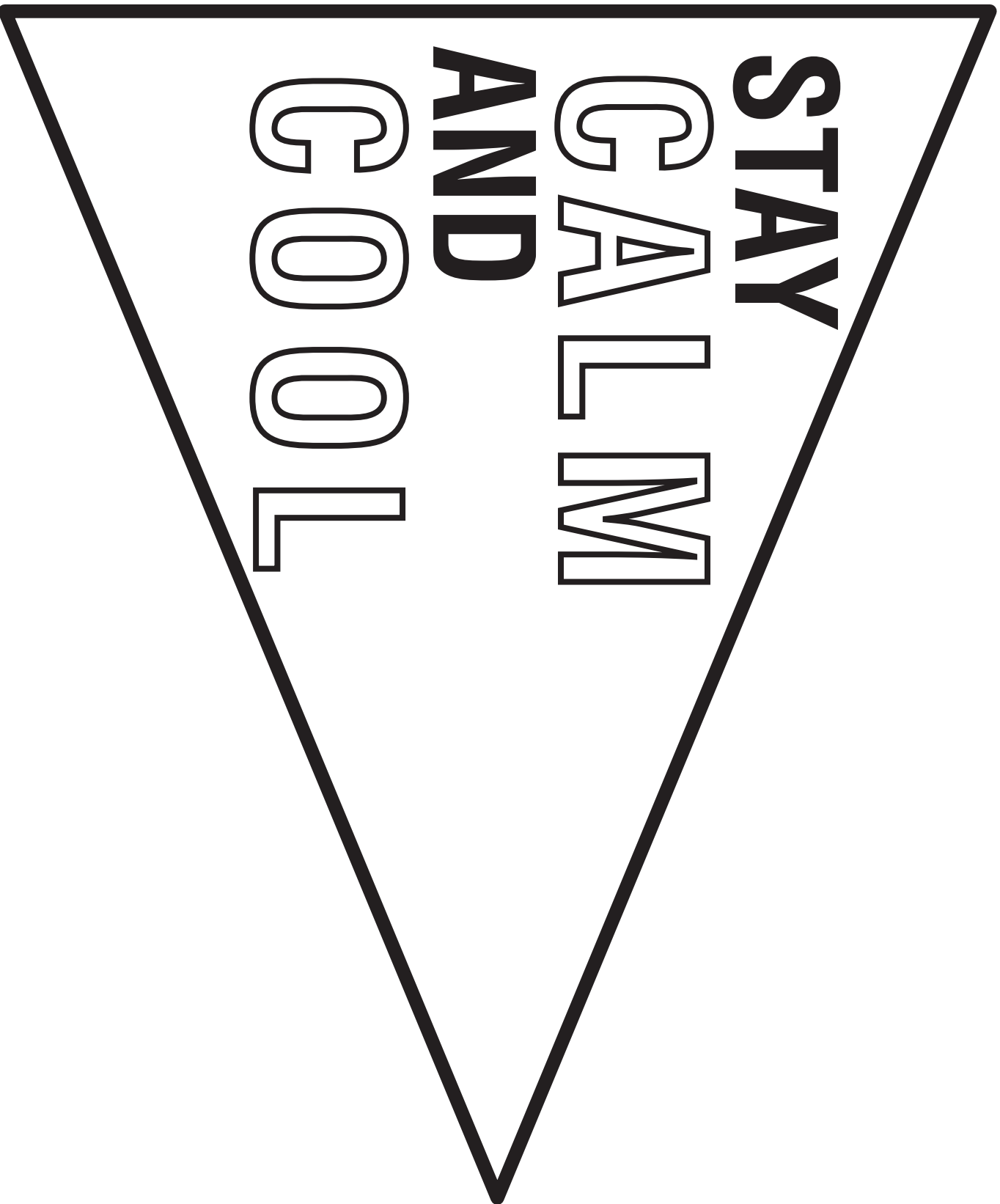


TELL THEM

**TO
JOIN
YOU**

Tell Them to Join You

Come on later
if you feel like it.



STAY

CALM

AND

GOOL

Stay Calm and Cool

Stay calm and cool.



SAY
Your
Friend's
Name

Say Your Friend's Name

(Name)

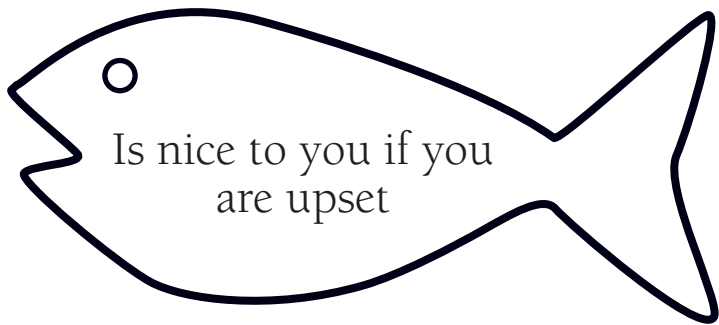
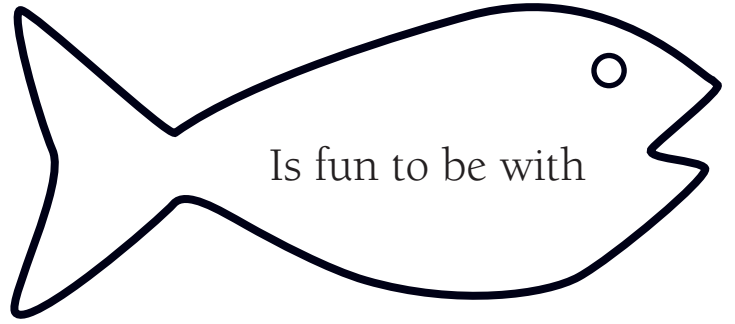
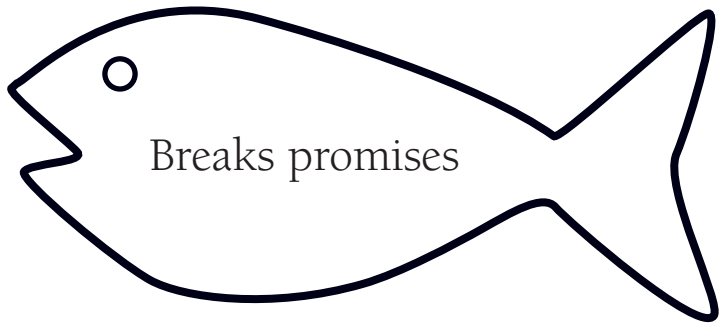
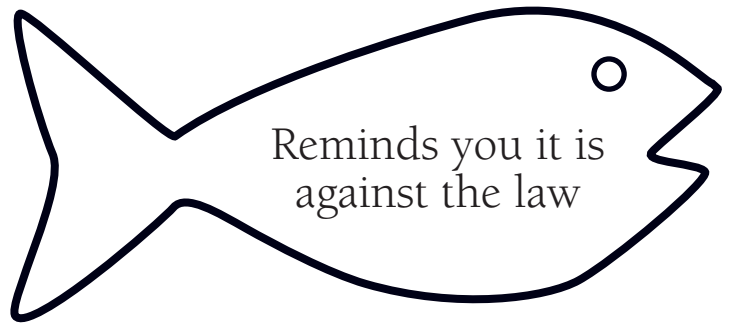


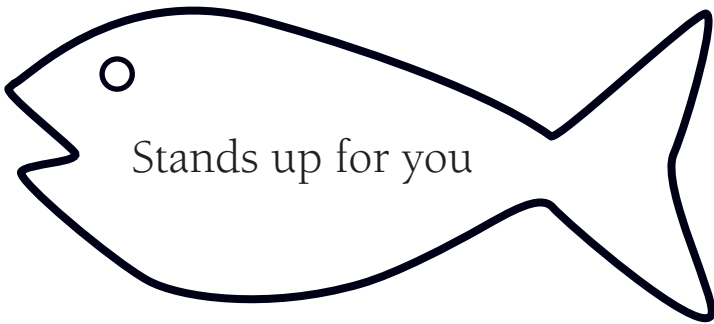
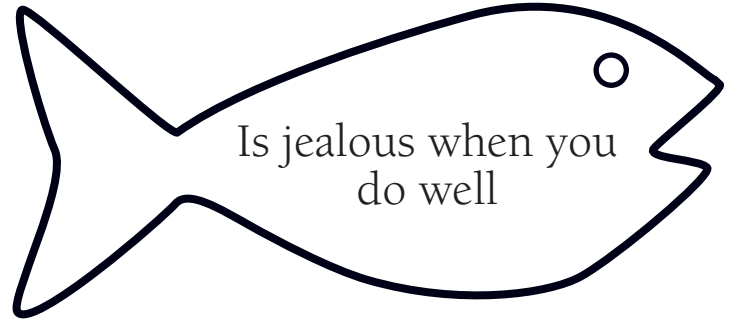
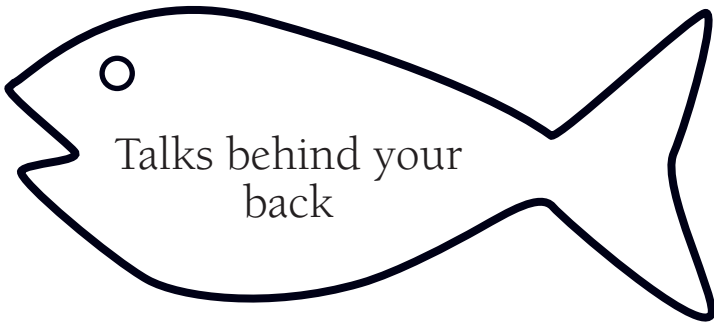
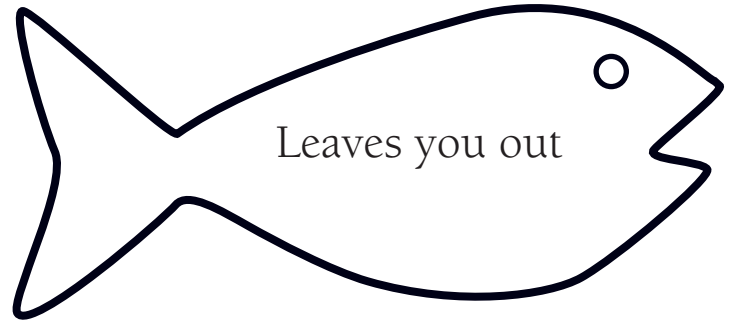
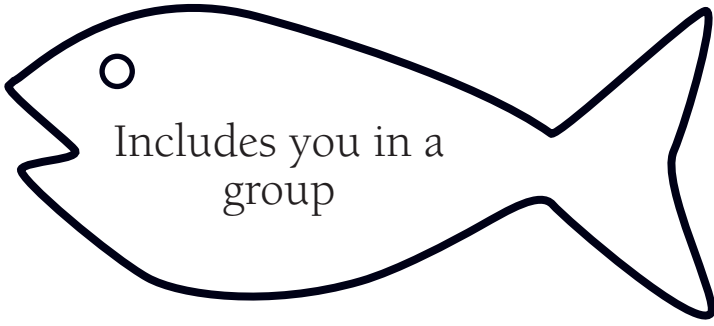
SAY

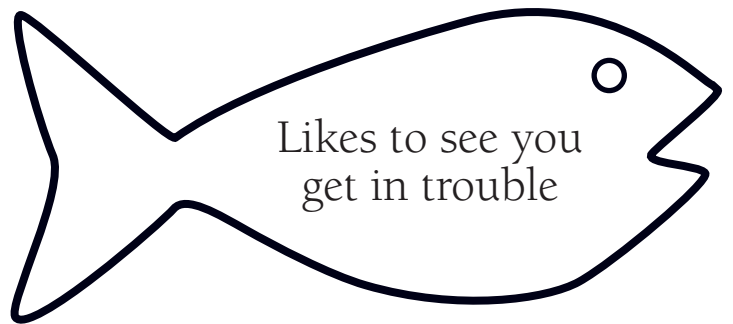
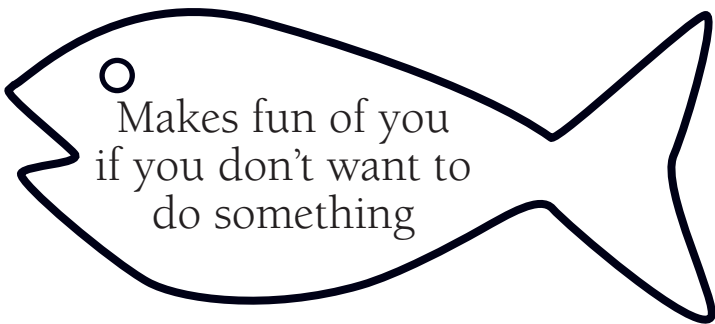
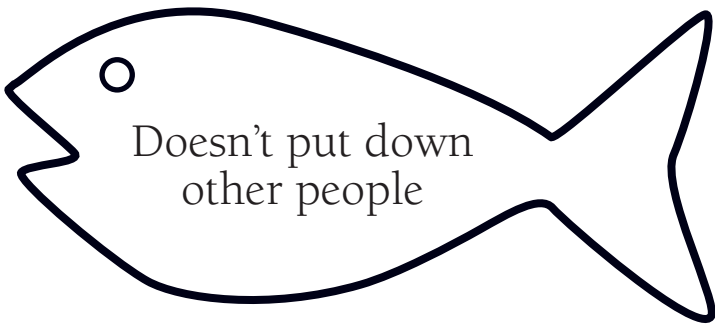
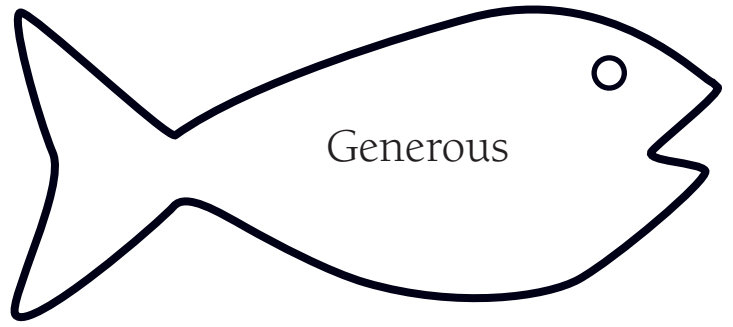
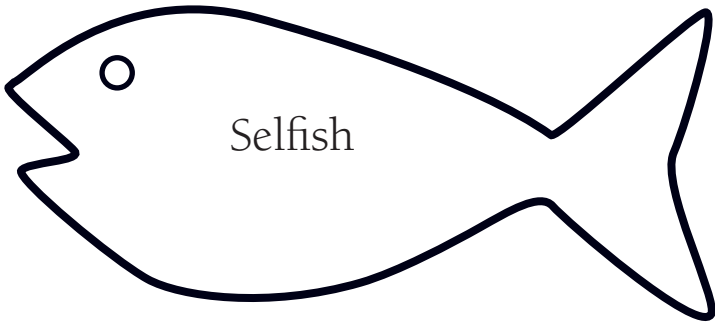
"Listen to me."

Say “Listen to Me.”

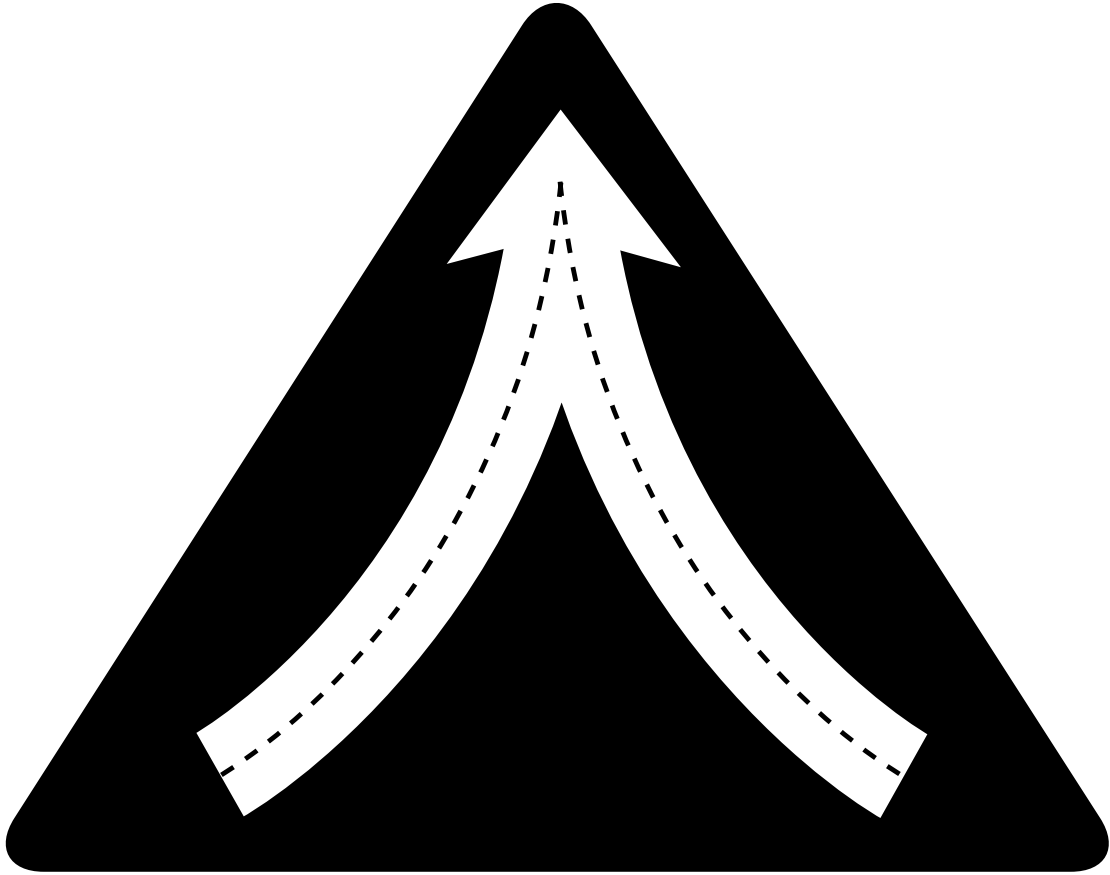
(Go on with the earlier steps.)







Masters and Samples



Be sure to include the following posters from the Posters file for this session.

1. Closing Circle Phrase - 6
2. Parent, Youth, Family Creeds

Parent/Caregiver cools down before dealing with problems.

Move ahead three squares.

Parent/Caregiver tries to see things from youth's point of view.

Move ahead two squares.

Parent/Caregiver says "I love you" to youth.

Move ahead three squares.

Parent/Caregiver yells and loses their temper.

Move back a space.

Parent/Caregiver lets youth have input in a family decision.

Move ahead two squares.

Parent/Caregiver gives youth the "silent treatment."

Move back a space.

Parent/Caregiver follows through with a consequence when a rule is broken.

Move ahead two squares.

Parent/Caregiver punishes youth without giving a reason.

Stay where you are.

Parent/Caregiver attends youth school event.

Move ahead one square.

Parent/Caregiver forgets to follow through on a consequence.

Stay where you are.

*

Parent/Caregiver

*

Parent/Caregiver
Starting Card #2



Parent/Caregiver

*

Parent/Caregiver
Starting Card #5



Parent/Caregiver

*

Parent/Caregiver
Starting Card #3



Parent/Caregiver

*

Parent/Caregiver
Starting Card #1



Parent/Caregiver

*

Parent/Caregiver
Starting Card #4

Parent/Caregiver listens when youth is upset without criticizing or giving advice.

Move ahead three squares.

Parent/Caregiver gives special reward when youth follows the rules.

Move ahead three squares.

Parent/Caregiver lets youth know what they expect regarding alcohol, smoking and other drugs.

Move ahead one square.

Parent/Caregiver tells youth they are upset but stays calm.

Move ahead two squares.

Parent/Caregiver and youth sit down and solve a problem together.

Move ahead three squares.

Parent/Caregiver spends special time with youth.

Move ahead one square.

Parent/Caregiver lets youth know a reason for a rule.

Move ahead one square.

Parent/Caregiver gives hugs to youth.

Move ahead two squares.

Parent/Caregiver lets youth know they are proud when youth accomplishes something.

Move ahead two squares.

Parent/Caregiver lets youth know what consequences will be given for a broken rule.

Move ahead two squares.

*

Parent/Caregiver

*

Parent/Caregiver

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Parent/Caregiver

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Parent/Caregiver

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Parent/Caregiver

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Parent/Caregiver

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Parent/Caregiver

*

Parent/Caregiver

*

Parent/Caregiver

*

Parent/Caregiver

Parent/Caregiver listens when youth is upset without criticizing or giving advice.

Move ahead three squares.

Parent/Caregiver grounds the youth for 2 months because the parent is upset.

Move back a space.

Parent/Caregiver lets youth know what they expect regarding alcohol, smoking and other drugs.

Move ahead one square.

Parent/Caregiver gives an appropriate consequence but yells and criticizes.

Stay where you are.

Parent/Caregiver and youth sit down and solve a problem together.

Move ahead three squares.

Parent/Caregiver springs a penalty on the youth without telling them ahead of time.

Stay where you are.

Parent/Caregiver lets youth know a reason for a rule.

Move ahead one square.

Parent/Caregiver forgets to attend Parent-Teacher conference.

Stay where you are.

Parent/Caregiver lets youth know they are proud when youth accomplishes something.

Move ahead two squares.

Parent/Caregiver assumes youth already knows what they think about alcohol, smoking and other drugs.

Stay where you are.



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver



Parent/Caregiver

Youth follows the rules about how long they can talk on the phone.

Move ahead two squares.

Youth sticks up for a friend who is being bullied.

Move ahead two squares.

Youth comes home on time even though they wanted to stay later.

Move ahead one square.

Youth tells parent/caregiver when they are upset and want to spend some time alone.

Move ahead one square.

Youth stays calm even though a brother or sister is being mean.

Move ahead three squares.

Youth puts phone away when parent/caregiver asks them to.

Move ahead one square.

Youth decides to go to class even though a friend wants to cut school.

Move ahead three squares.

When a friend pressures them to have a beer, the youth walks away and tells the friend to join them later.

Move ahead three squares.

Youth calls home to ask if they can stay later at a friend's house.

Move ahead two squares.

Youth earns extra money to help pay for expensive clothes they want.

Move ahead one square.

*

Youth

*

Youth
Starting Card #4

*

Youth

*

Youth
Starting Card #5

*

Youth

*

Youth
Starting Card #3

*

Youth

*

Youth
Starting Card #1

*

Youth

*

Youth
Starting Card #2

Youth forgets to do a chore they promised to do.

Stay where you are.

Youth asks questions, says what could happen and suggests something else when a friend wants them to smoke pot.

Move ahead three squares.

Youth talks back when the parent/caregiver asks where they are going and when they will be home.

Move back a space.

Youth spends time with family doing something fun.

Move ahead one square.

Youth refuses to go to a grandparent's birthday celebration.

Stay where you are.

Youth stays calm even though they are upset over a rule.

Move ahead two squares.

Youth listens to parent's/caregiver's point of view.

Move ahead two squares.

Youth knows that parents are people too and have their own feelings.

Move ahead one square.

Youth follows through with chore they agreed to.

Move ahead one square.

Youth finishes homework before playing on the computer.

Move ahead one square.

*

Youth



Youth

*

Youth



Youth

*

Youth



Youth

*

Youth

*

Youth

*

Youth

*

Youth

Youth ask questions, says what could happen and suggests something else when a friend wants them to smoke pot.

Move ahead three squares.

Youth blows up when parent/caregiver asks them to do a chore.

Stay where you are.

Youth spends time with family doing something fun.

Move ahead one square.

Youth goes along with a friend who wants to bully another youth.

Move back a space.

Youth stays calm even though they are upset over a rule.

Move ahead two squares.

Youth demands the most expensive shoes when the parent/caregivers can't afford it.

Move back a space.

Youth knows that parents are people too and have their own feelings.

Move ahead one square.

Youth would rather spend time with a popular youth instead of one who's really a good friend.

Stay where you are.

Youth finishes homework before playing on X-Box.

Move ahead one square.

Youth talks about a friend behind their back.

Stay where you are.



Youth



Youth



Youth



Youth



Youth



Youth



Youth



Youth



Youth



Youth

I'll Save You

"I'll save you. Move ahead to join your family member."

I'll Save You

"I'll save you. Move ahead to join your family member."

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I'll Save You

"I'll save you. Move ahead to join your family member."