PREVENTION CHECKLIST
Action Steps

Young people are strongly influenced by the parents and other caring adults in their lives. The actions of adults can help delay or prevent the onset of substance use. The Natick 180 team has developed some tips you can follow to practice prevention in your household or community:

- [ ] Have a conversation with the young person(s) in your life.

- [ ] Use everyday opportunities like a car ride, to start open, honest discussions on the subject of substance use.

- [ ] Communicate clear family rules and expectations for substance use, and make it an ongoing conversation.

- [ ] Make a plan with the young person(s) in your life for how they can escape an uncomfortable social situation-- and practice it.

- [ ] Lock up and monitor substances in your home, including alcohol, marijuana (cannabis), nicotine products, and prescription medications.

- [ ] Stay informed and learn the facts about brain development and substance use. You can learn more about specific substances at natick180.org.

- [ ] If you drink alcohol or use other substances like nicotine or marijuana, be a role model when it comes to your own consumption. Be mindful about where you are, who is around, and how much you are using.

- [ ] Whenever possible, host family and other social gatherings in which alcohol is not a featured part of celebrations.

- [ ] NEVER drive while under the influence of alcohol, marijuana, or certain prescription medications.

- [ ] Be aware of common household items that can be misused as inhalants, such as whipped cream chargers, spray paint, or certain cleaning products.

- [ ] Know where your kids are and whose houses they are visiting.

- [ ] If there is a history of addiction in your family, consider sharing this information with your teen or young adult in an age appropriate way.

- [ ] Have intentional conversations about prevention with people you trust, such as other parents, school personnel, faith leaders and health professionals.

- [ ] Don't worry if you don't have all the answers! It's okay to press pause on a conversation with a young person to get more information.

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To learn more about each action step, check out: natick180.org