



# Parenting Series: Teen Substance Abuse Prevention

## How to Create Boundaries

April 28 • 6:30 - 7:30 PM

What do appropriate boundaries look like? This workshop discusses how to establish boundaries, how to help teens create their own appropriate boundaries, and how teens determine when these boundaries are not being respected by others.

## How to Talk to Your Teen

May 5 • 6:30 - 7:30 PM

This presentation will include an introduction to *motivational interviewing* and offer concrete examples of how these skills can be used to improve communication with your teen. We will also discuss active listening, and how using active listening with your teen can improve communication within the family unit.

## “Normal” Adolescent Development

May 12 • 6:30 - 7:30 PM

This presentation includes a brief explanation of adolescent brain development, including the changes adolescent brains go through during the formative teen years. We will also discuss issues that can interfere with brain development during this time.

## Basics of Substance Use: When Should I Worry? How to Identify Signs

May 19 • 6:30 - 7:30 PM

This presentation provides basic information about various substances and examples of how to recognize substance use in teens. We will also offer some tips for discussing substance use with your teens, as well as an explanation of harm reduction and why we find it to be the most effective method of working with substance use.

## Trauma: How to Define it, Impacts on Teens and Intersection with Substance Use

May 26 • 6:30 pm – 7:30 pm

This presentation includes information about different types of trauma, how to recognize trauma, and how trauma can affect adolescents. We will also discuss how trauma intersects with substance use, and how substances can hinder our ability to heal from trauma.

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San Mateo County Office of Education

