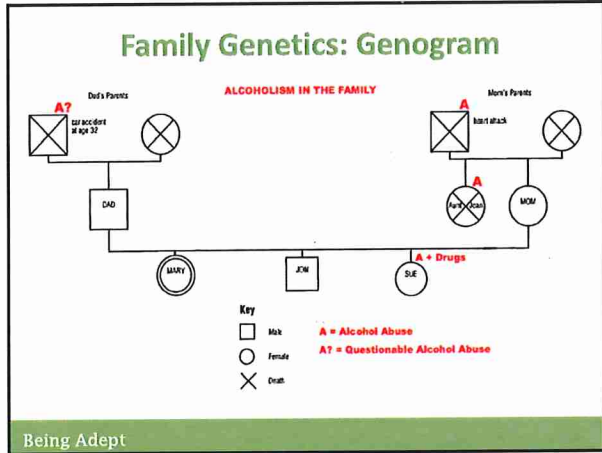


Alameda Unified 2016-17 CHKS Data

	7th	9th	11th
Past 30 day AOD use	6%	14%	30%
Lifetime AOD use	10%	26%	48%
Past 30 day binge drinking	0%	2%	13%
Lifetime cigarettes or e-cigarettes	3%	5%	12%
Lifetime Rx painkillers or stimulants use	NA	9%	13%
Offered, sold, or given illegal drug (1-4 times, past year)	5%	17%	27%
Report chronic sadness/hopelessness in the past year	21%	27%	35%
Considered suicide in the past year	NA	14%	13%

- ### Adept Lessons at St. Philip Neri 6th/7th/8th
1. Alcohol: 10/19/18
 2. Nicotine/E-cigs: 11/30/18
 3. Marijuana: 1/25/19
 4. Pressure/Decisions: 3/22/18
- Being Adept



- ### How Parents Can Help
- ✓ What you model is critically important.
 - ✓ Communicate your values.
 - ✓ Contain your anxiety.
 - ✓ Examine your parenting style.
 - ✓ Be around; eat dinner together.
 - ✓ Be honest with yourself about who your child is (and accept them!)
 - ✓ Stay informed!
- <http://www.niaaa.nih.gov>
- Being Adept

- ### More You Can Do
- ✓ Collect numbers of friends & parents.
 - ✓ Create a safety code; make a plan.
 - ✓ Lock up all medicines and alcohol.
 - ✓ Talk, talk, talk about this topic.
 - ✓ Listen, listen, & listen—use the 3 to 1 rule.
 - ✓ Get in the habit of asking questions.
 - ✓ Get to know other parents.
 - ✓ You must set limits.
 - ✓ Pay attention.
-
- Being Adept

- ### Useful Resources
- ✓ beingadept.org
 - ✓ drugabuse.gov
 - ✓ teens.drugabuse.gov
 - ✓ samhsa.gov
 - ✓ betheinfluence.us
- Being Adept