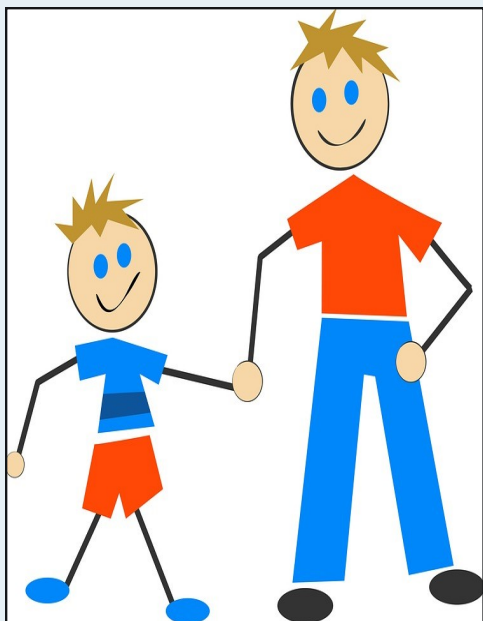


## Positive Relationships

- It is important for children to have positive role models so that they know what is acceptable behavior.
- Even just one helpful relationship with an adult or mentor can reduce a child's odds of risky behaviors.
- Consistent communication and guidance will increase the chances children will follow advice.



## For More Information...

[www.drugabuse.gov/publications/principles-substance-abuse-prevention-early-childhood/chapter-2-risk-protective-factors](http://www.drugabuse.gov/publications/principles-substance-abuse-prevention-early-childhood/chapter-2-risk-protective-factors)

[parentingmontana.org](http://parentingmontana.org)

[www.drugrehab.com/guides/parents/](http://www.drugrehab.com/guides/parents/)

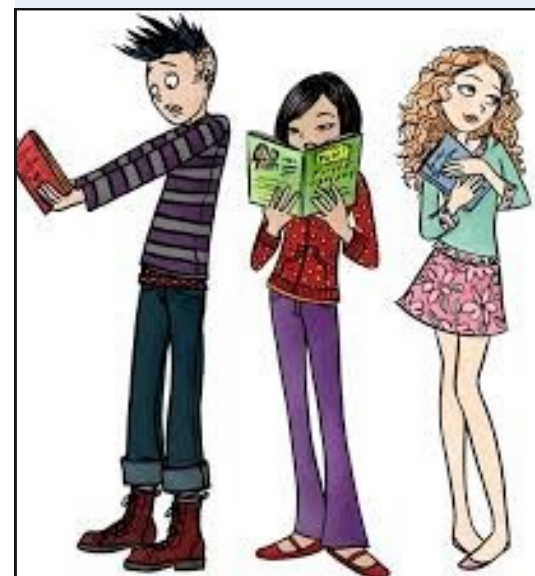
[medmark.com/how-substance-use-affects-children/](http://medmark.com/how-substance-use-affects-children/)

[www.webmd.com/mental-health/addiction/news/20050330/parental-substance-abuse-widespread#1](http://www.webmd.com/mental-health/addiction/news/20050330/parental-substance-abuse-widespread#1)



# Youth Substance Abuse Prevention:

## A Parent's Guide



City of Billings  
Billings Metro VISTA Project  
AmeriCorps VISTA  
[www.CityofBillings.net](http://www.CityofBillings.net)



### Did You Know...

- Children with low stress are less likely to engage in risky behaviors like substance abuse.
- Active children have less stress than non-active children.
- Helping kids learn how to manage stress leads to them having healthier childhoods.
- Pursuing hobbies and activities a child enjoys increases their confidence.
- It is important to create an environment that is helpful for learning and supports their academic success.

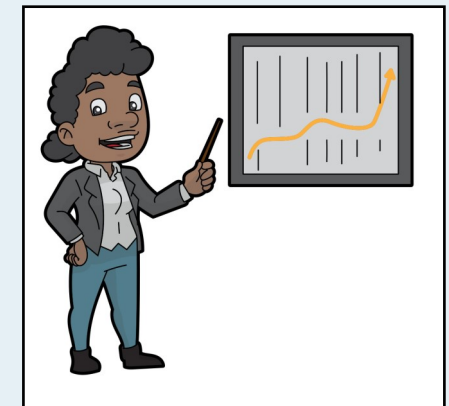
### What to Do if You Suspect Youth Drug Abuse:

- **Talk with a spouse or other adult family members.** Share and discuss the information with them and present a united front.
- **Gather evidence to more clearly understand the situation.** It may seem invasive, but dealing with the potential harm of addiction is important.
- **Set realistic goals.** Increase the chance of having a successful conversation with your child and make plans to seek help.
- **Recognize addiction in the family.** If there is a history of addiction, avoid denial and use it as an example to motivate positive change. Celebrate the success!



### Shocking Billings Statistics

- 65% of rental housing in Billings tests positive for methamphetamine.
- 75% of foster care cases in Billings have parents who are using methamphetamine.
- Adults hosting parties in Billings where underage drinking takes place may be fined beginning in 2019.
- Billings saw a 15% increase in all drug violations in 2019, with ripple effects



Source: *Methamphetamine & Opioid Response Initiative: A Community Assessment*

<https://ci.billings.mt.us/DocumentCenter/View/38834/Meth-and-Opioid-Assessment-Report-->