



CAN DO TALKTEASER #1

For parents and middle schoolers to talk, not argue, about while eating a meal at home ...while in the car ...while on a walk ...while out for a meal ... ANYTIME!

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CONNECT

Spend time with each other; eat meals together.

- What is a favorite memory you have of our family spending time together?
- How much money do you think you need to be happy?
- Would you rather have a challenging career or an easy, 50-hour-a-week job?
- What is the best thing about being your age?
- If you had a band what would you name it?

DON'T WASTE YOUR BREATH

INHALANTS: Dangerous yet common products, found in most households, that young people sniff to get high. Inhalants include solvents, aerosol propellants, and gases (nail polish, markers, gasoline, paint thinner, glue, paints, degreasers or hair sprays).

DRUGS: Most young people don't think of inhalants as drugs yet they are drugs, both dangerous and harmful, even if they initially make a person feel good.

USAGE: Nearly one in five middle school students try inhalants. That means 80% of them don't ever try inhalants.

DANGERS: Irreversible nerve and brain damage, heart problems, hearing loss, liver and kidney damage.

LAUGHING GAS: Nitrous oxide or laughing gas (a medical anesthetic gas) is a popular yet dangerous inhalant that young people inhale from a balloon.

COMMUNICATE

Talk with each other about the dangers of inhalants.

- ◆ Why do you think inhalants are so dangerous?
- ◆ Why do you think some middle school kids might try inhalants?
- ◆ How do you think parents should protect young people from inhalants?
- ◆ How do you feel about kids using inhalants?
- ◆ Why do you think our family is so against the use of inhalants?

CHECK

Talk about parents monitoring where their kids hang out and who their friends are.

"I have my son regularly check in with me so I always know where he is, who he is with, and when he will be home."

—parent of a 13-year-old

... to answer together without parental lecturing after reading the above quote.

- ✓ How does this parent's attitude express love for her kid?
- ✓ What do you think your friends would say about this parent's attitude?
- ✓ Why do you think this level of parental concern is needed today?
- ✓ How does this family's situation compare to ours?
- ✓ How does knowing a child's whereabouts develop a parent's trust in a child?