

Facilitator notes

Handouts on the HIPS website

- Facilitators can contact [brittanyb@newahec.org](mailto:brittanyb@newahec.org) to get more handouts printed out if need be!

**(Video one Hidden in Plain Sight; possible questions or comments)**

This video will cover drug paraphernalia and some things to look for in your home; it is important to mention

- “What do I do if I find one of these products in my home” we recommend looking into the 5 conversation goals video that will help you have a conversation with your youth about the product you found. Make sure to talk to your child about why you are concerned and that you love them/ care for them and want them to be safe.
- We do not recommend rummaging through your child’s room to look for these items; if you are suspicious, they might have one start a conversation.
- This training is meant to educate you in case you find these items and can be better prepared. It is also meant to equip you with the tools to safely talk about these things with your youth and to help create a more open and honest relationship.

**(Video two Signs and Symptoms; possible questions or comments)**

- This video will be going over signs and symptoms of substance use it is important to note before this video that...
- Children go through many physical, emotional, and social changes as they grow. It’s a natural part of adolescence that can make it hard to recognize when a child is at risk for substance use. That’s why it’s important to look out for changes in kids’ attitudes and behaviors that could indicate a more serious problem.
- Talk with kids if you notice big changes like
  - o Big mood swings and/or a defensive attitude
  - o Problems at school, like falling grades or poor attendance
  - o Breaking family rules, Getting rid of old friends or not introducing you to new ones
  - o A lack of interest in their appearance or favorite activities
  - o Memory lapses and poor concentration or coordination.
- Also note that one sign or symptom doesn’t mean drug use; it will be 3 or more to indicate. (ex marijuana use; red eyes, strong odor (either unfamiliar or excessive cologne/ perfume/ air freshener) extremely protective of a certain container, more than normal time spent outside)

**(Video 3 5 conversation goals; possible questions or comments)**

- These are purely recommendations based on evidence-based practices whether you chose to use these methods or not we want to make sure you have as many resources as possible to have a healthy and safe interaction with your child about substance use.
- What if my child asks why I drink? Or ask about when I drank when I was their age? Be honest don’t lie;
  - o You can refer them to the tough conversations sheet on the HIP parent resources site as well.
- How do I start the conversation? Conversation starters?
  - o Refer them to the Small Talks or iTalk campaigns (both on the HIPS parent resources tab); there they can find conversations starters and even practice on the iTalk app which is free, small talks also has conversation starters sorted by what age your child is.