

**Come out to this one-hour multi-media presentation for parents, grandparents, educators, coaches and other adult caregivers.**

## **Child Break Presentation**

**(Take a 15 Minute Break to Talk with your Child)**

**Wednesday, February 12<sup>th</sup>**

**6:30 pm -7:30 pm**

**Belhaven Cafeteria**

- **Parents have a big influence in the lives of their children. Research from the Partnership for a Drug-Free New Jersey shows that children who have regular communication with parents about daily activities are 67 percent less likely to be involved in substance abuse than children who have little or no communication.**
- **Come learn from an expert. Get informed, encouraged, and empowered to speak effectively with your children about the misuse and abuse of alcohol and other drugs before they “learn” about it on their own.**
- **Guidelines from the American Academy of Pediatrics encourage parents to talk to their children about these issues as early as 9 years old (fourth grade).**
- **All parents who attend will receive a parent resource guide which includes drug lingo, street smarts, warning signs, drug specific info and prevention resources.**
- **A little about the speaker: Lori Singley is the founder of Educare and collaborates with the Partnership for a Drug-Free New Jersey. Lori has her B.S. in Elementary Education and a Master of Education in Counseling. Her certifications include LCADC, CPS, and CRDC. She implements research and evidence-based programs.**

### **Topics covered include:**

- **Identifying Risk and Protective Factors**
- **Strengthening Parenting and Communication Skills**
- **Utilizing Teachable Moments**
- **Influence of Media and Pop Culture**
- **Abuse of Prescription & OTC Medications**
- **Effects of Specific Drugs**
- **Underage Drinking – what the research shows**