K.N.O.W.2PREVENT
KNOWLEDGE NETWORK OF WESTCHESTER

A WESTCHESTER VIRTUAL SPEAKER SERIES

You can't PREVENT what you don't know!

The Gift of Failure and The Addiction Inoculation

"TIP" JAR

TAKE-AWAYS - INFORMATION - PROMPTS

BUILD COMPETENCE IN WORDS AND BEHAVIOR

- Offer up more support and less control.
- Model intellectual and emotional bravery for kids by valuing the process of learning over the product of grades.
- Remember that every rescue is a lesson lost.
- View failure as an opportunity for growth.
- Kids with higher levels of competence and self-efficacy are much less likely to use substances.

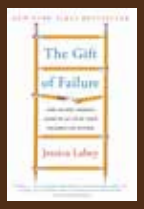
TALK EARLY AND OFTEN

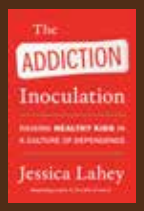
- The best substance use prevention starts before kindergarten and continues through college.
- Parents who give kids a clear and consistent message of, "No substances until your brain is done developing" raise kids with much lower rates of substance use.
- A permissive stance on substance use results in kids with much higher levels of use.

DELAY, DELAY, DELAY

- The adolescent brain is much more vulnerable to damage from substance use than the adult brain.
- The younger someone is when they start using substances, the higher their lifelong chances of developing substance use disorder.

Check Out Jessica's Books:





Speaker Bibliography Resource

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