



Family Health Challenge: Avoiding Risky Substances



What are risky substances?

- Alcohol, tobacco, and other drugs that have psychological or physiological effects on one's body.
- They can affect how a person thinks, feels, reacts, or behaves in certain situations.



What can risky substances do to our health?

- Short Term Effects:
 - Slowed reaction time
 - Impaired judgment
 - Altered perceptions
- Long Term Effects:
 - Memory impairment
 - Dysfunctional organ systems
 - Increased risk for cancers such as liver, stomach, and colon



How to talk to your kids about these substances?

- Lead by example by providing a healthy, safe, and supportive home environment.
- Encourage open communication and talk honestly about how our bodies work and how risky substances can cause negative health effects.
- Be part of your child's life – understand the peer pressure and influences your children may be experiencing.
- Make sure your children feel respected and autonomous in making their own decisions, while also feeling supported and safe.
- Educate yourself first so that you can provide the best knowledge, skills, and awareness to your kids.
- Emphasize your love and concern for them.

Why is this conversation important?

- Kids may not know the dangers of consuming these substances if they are not taught about the harmful effects they can have on the body.
- This conversation gives kids the knowledge and strength to say no to risky substances and be able to support themselves in possible peer pressure situations.
- By talking opening about risky substances, parents are able to create a strong and trusting relationship with their children, which

You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.



TRANSFORM