Know More.
Do More.

Understanding Substance Misuse in Teens

Beginning Steps to Take for Schools

There are many steps to consider when building or enhancing awareness of adolescent substance misuse. As part of the **Know More Do More** initiative, we have created a series of tools that schools can use to launch or enhance an alcohol and drug prevention program in your school.

All up-to-date implementation documents can be found and downloaded on our website:
NationwideChildrens.org/Know-More-Do-More

Program Planning and Maintenance

Step 1

Download all the materials

- **Know More** – Review the *Know More Do More: Keeping Kids Safe by Preventing Substance Misuse guide*. This guide includes important facts about various types of substance misuse and how they can impact our kids, as well as explaining the unintended consequences of alcohol and other drug misuse.
- **Do More** – Use Know More Do More//Schools Keeping Kids Safe by Preventing Substance Misuse TOOLKIT which details steps you can take within your school.

Relevant documents: BEGINNING STEPS, BROCHURE, TOOLKIT

Step 2

Build Your Team

- **Identify a champion** to serve as a Drug Prevention Specialist or Coordinator in your school or district.
- **Recruit team members** (staff, athletic personnel, medical providers, parents and students)

Relevant documents: WORKSHEETS Drug Prevention Roles and Responsibilities, SMART Tips Handouts

Step 3

Develop a game plan for implementation

- **Identify** at least two areas in your school where you want to implement a program, educate and be an influencer, such as sport season all parent team meetings in athletics, incoming 9th grade parents meeting, band parent meeting, and monthly newsletters.
- **Develop** a specific timeline for implementation
- **Set** two goals for the first 3-6 months
- **Assess** progress towards goals

Step 4

Educate staff and students

- **Create a culture** that encourages and enables teachers, guidance counselors, school nurses and administrators to play an active role in keeping kids safe from substance misuse. Build or enhance alcohol and drug education in your health curriculum.

Relevant documents: Know More overview, SM (social media), POSTERS, PRESENTATION, SMALLCARD

- **Enlist your athletic department** to educate students and their families, to support athletes who have been prescribed painkillers. Use the supplementary toolkit for athletic trainers, coaches, parents and athletes which is focused on athletes and prescription painkiller misuse.

Relevant documents: BROCHURE, TOOLKIT, GUIDE (athletic trainer, coach, parent), CHECKLIST athletic trainer, SMALLCARD, POSTERS, PRESENTATION, WORKSHEET resources

Step 5

Communicate with parents

- **Have conversations** and keep them going. Get your parent committees involved. Use milestones in a child's journey as an opportunity for conversation.
- **Talk with parents** when you notice a change in their student's behavior and/or suspect drugs or alcohol may be the culprit.

Relevant documents: WORKSHEET SMART Tips Handout, SM sheets, POSTERS, GUIDE Parent Athlete, SMALLCARD, WORKSHEET resources

Step 6

Establish policies

- **Establish policies and protocols** for when you suspect or know someone is misusing alcohol or other drugs. Ohio school districts have similar yet varied protocols for when a teen or child is suspected of or known to be misusing alcohol or other drugs. If the teen or child is drinking or misusing drugs on school property, it becomes an administrative issue. Your priority is to make sure the child is safe and to establish a support system.
- **Know how** to seek a higher level of care when needed.

Relevant documents: WORKSHEET Creating the Plan for Students of Concern, WORKSHEET resources

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