



ADAMS COUNTY HEALTH
EDUCATION



**PARENT & CHILD
RESOURCES DECK**

OUR PROUD SPONSORS:



East Adams Rural
Healthcare

Rural
Resources 

The logo for Rural Resources consists of a large, bold, stylized letter 'R' that incorporates the profile of a human head facing right.

CARD CONTENTS:

10 x



[Parent Resource]

Conversation Starters

10 x



[Child Resource]

Navigating Peer Pressure

10 x



[Informational]

Substance Use and Safety

20 x



[Mental Health]

Harm Reduction Messaging

[Parent Resource]

Conversation Starters

“I want you to know that your health matters to me. Whenever you’re ready to talk about substances, I’m here to listen, educate, and support you to make informed decisions.”

[Parent Resource]

Conversation Starters

“Peer-pressure around substances can be tough, and I want to help improve your understanding of it. Let’s discuss ways we can navigate these situations together.”

[Parent Resource]

Conversation Starters

"I understand that exploring different experiences is a part of growing up. I'm here to provide guidance and help you make informed choices that reflect your health and goals."

[Parent Resource]

Conversation Starters

“I trust in your ability to make thoughtful decisions. Let’s work together to ensure you have the knowledge and resources to stay safe when exposed to substances.”

[Parent Resource]

Conversation Starters

“If you’ve had experiences involving substances, I want you to know it’s ok. I want you to know it is important you feel safe and supported”

[Parent Resource]

Conversation Starters

“Our conversations are about understanding each other’s perspectives. I’m here to listen without judgment about any experiences you’ve had with substances.”

[Parent Resource]

Conversation Starters

**“Your well-being is important to me.
Let’s have open and honest
discussions about substance use
and safety so we can support each
other through anything.”**

[Parent Resource]

Conversation Starters

“I recognize that discussing substance use topics can be uncomfortable. I appreciate your willingness to engage in conversations with me”

[Parent Resource]

Conversation Starters

“I trust in your judgment, and I believe you’ll come to me if you ever need guidance or support for substance use and peer-pressure.”

[Parent Resource]

Conversation Starters

“Our relationship is built on mutual trust and respect. I’m here to provide guidance as you navigate through life. This might be a good opportunity for us to discuss substance safety.”

[Parent Resource]

Conversation Starters

“I want you to know that your health matters to me. Whenever you’re ready to talk about substances, I’m here to listen, educate, and support you to make informed decisions.”

[Child Resource]

Navigating Peer Pressure

Your voice is power; use it to stand up
for yourself and your health.


Make decisions that align with your
goals and future.

A decorative graphic at the bottom of the slide consists of two rows of overlapping circles. The top row has four circles, and the bottom row has four circles. The circles are a solid blue color and overlap with each other and the background.

[Child Resource]

Navigating Peer Pressure


Your choices matter and make a difference. **Lead by example** by promoting smart decisions and leading a healthy lifestyle.

A decorative graphic at the bottom of the slide consists of eight blue circles arranged in two rows of four. The circles are slightly overlapping and have a subtle gradient, with the top row appearing slightly darker than the bottom row.

[Child Resource]

Navigating Peer Pressure

Educate yourself on the risks and benefits of activities before engaging in them. Believe in your ability to make good decisions.

A decorative graphic at the bottom of the slide consists of eight overlapping blue circles arranged in two rows of four. The circles in the top row are slightly larger and more prominent than those in the bottom row, creating a layered effect.

[Child Resource]


Navigating Peer Pressure

Not everyone knows they need support; reach out and **check on your friends**. Helping others can make you feel good too, leading to a sense of empowerment.

[Child Resource]

Navigating Peer Pressure

Every day is a new opportunity. If you feel stuck, **reach out to someone you trust** to help you navigate back on your path to success.

A decorative graphic at the bottom of the slide consists of two rows of overlapping circles. The top row has four circles, and the bottom row has four circles. The circles are in various shades of blue, from a deep navy to a lighter, dusty blue. They are arranged in a grid-like pattern, with each circle overlapping its neighbors.

[Child Resource]

Navigating Peer Pressure

Be prepared; if someone close to you struggles with substance use, **know what to do** in case of an emergency.



[Child Resource]

Navigating Peer Pressure

Plan your response; think of ways to say no in advance if you know you'll be in a challenging situation.



[Child Resource]

Navigating Peer Pressure


Bring a Friend; have a supportive friend with you who respects your choices.
Keep each other safe and on track for their health.

A decorative graphic at the bottom of the slide consists of two rows of overlapping circles. The top row has four circles, and the bottom row has four circles. The circles are a solid blue color and overlap with their neighbors, creating a pattern of diamond shapes in the background.

[Child Resource]

Navigating Peer Pressure

Know Your Values; remind yourself of your personal values and why they are important to you. This can be helpful to **encourage thoughtful decisions.**

A decorative graphic at the bottom of the slide consists of two rows of overlapping blue circles. The top row has four circles, and the bottom row has four circles, with each circle in the bottom row overlapping the two circles directly above it.

[Child Resource]

Navigating Peer Pressure

Suggest Alternatives; propose or brainstorm different activities **that don't involve substances.**



[Informational]

Substance Use and Safety

Understand the Signs: Educate yourself about the physical and mental health risks and signs of abuse associated with substance use.

You can find resources on this at
AdamsHealthEd.org

[Informational]

Substance Use and Safety

You will NOT face legal repercussions for calling 911 for an overdose; WA State's 911 Good Samaritan/Overdose Law protects both you and the overdose victim from drug possession charges.

Don't be afraid to call 911 for help!

[Informational]

Substance Use and Safety

Read Labels: Always read labels on medications and follow dosage instructions carefully to avoid misuse.

Avoid Mixing: Never mix substances, including alcohol with prescription or over-the-counter medications.

[Informational]

Substance Use and Safety

Emergency Contacts: Keep a list of emergency contacts and local poison control numbers handy.

Trusted Sources: Only accept medications and advice from trusted healthcare providers.

[Informational]

Substance Use and Safety

Plan Safe Rides: Always plan for a safe way home if you are in a situation where others are using substances.

Use Buddy Systems: If you find yourself in a situation involving substances, stay with a trusted friend who can help you stay safe.

[Informational]

Substance Use and Safety

Seek Help: Don't hesitate to seek help from a trusted adult or healthcare professional if you or someone you know is struggling with substance use.

Dial "988" Suicide & Crisis Lifeline 24/7
For emotional and substance use support.

[Informational]

Substance Use and Safety

Open Communication: Foster open and honest conversations about substance use with parents, teachers, or trusted adults. This can provide support and guidance when you need it.

[Informational]

Substance Use and Safety

Talk to a Counselor: School counselors can provide guidance and resources for dealing with substance use.

[Informational]

Substance Use and Safety

Read Books and Articles: Educate yourself through reading materials on substance use and its effects.

Watch Documentaries: Learn from documentaries that explore the impact of substance use.

[Informational]

Substance Use and Safety

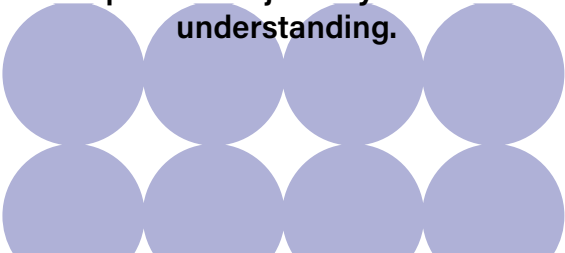
Stay informed: keep yourself updated with credible sources about the effects and risks of different substances.

Peer Support: Surround yourself with friends who respect your choices and support a substance-free lifestyle.

[Mental Health]

Harm Reduction Messaging

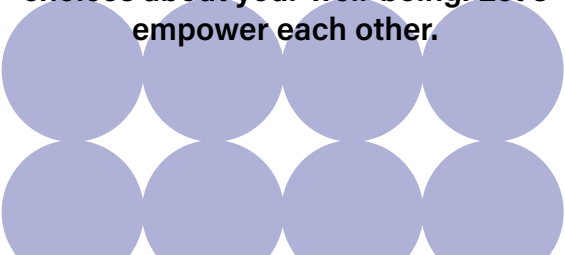
**It's okay to ask questions. Learning
is part of the journey towards
understanding.**



[Mental Health]

Harm Reduction Messaging


You have the power to make informed choices about your well-being. Let's empower each other.



[Mental Health]

Harm Reduction Messaging

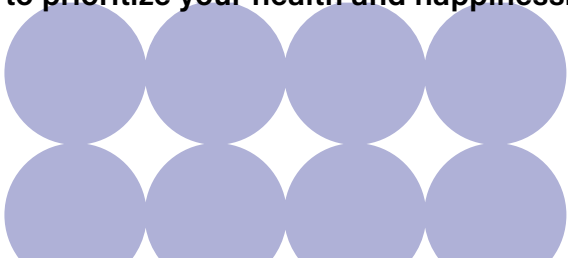
You're capable of making positive changes. Discover strategies that work for you.



[Mental Health]

Harm Reduction Messaging

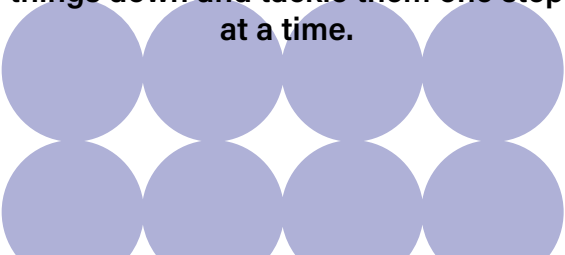
Your well-being matters. Explore ways to prioritize your health and happiness.



[Mental Health]

Harm Reduction Messaging


Feeling overwhelmed is normal. Break things down and tackle them one step at a time.



[Mental Health]

Harm Reduction Messaging

**You're not defined by any struggles
you face. Let's focus on your
strengths and resilience.**

A decorative background consisting of two rows of four overlapping light purple circles each, arranged in a grid pattern.

[Mental Health]

Harm Reduction Messaging

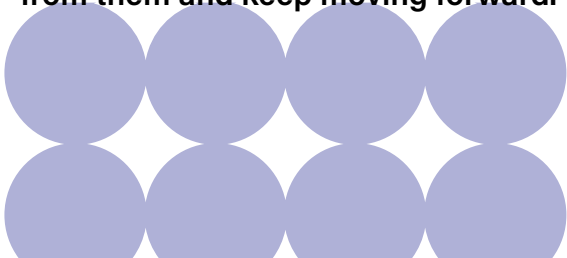
Recovery is a journey, not a destination. Let's support each other every step of the way.



[Mental Health]

Harm Reduction Messaging


It's okay to make mistakes. Let's learn from them and keep moving forward.



[Mental Health]

Harm Reduction Messaging

**Your feelings are valid. Let's create
a safe space to express and process
them together.**



[Mental Health]

Harm Reduction Messaging

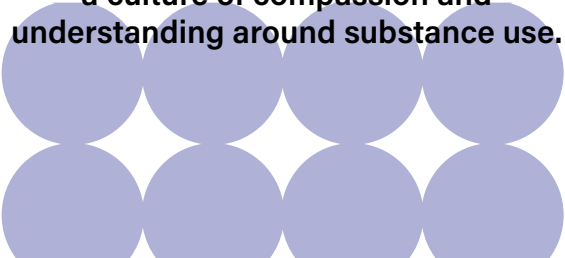
**You're not defined by any labels. Let's
focus on your unique strengths and
qualities.**



[Mental Health]

Harm Reduction Messaging

**Let's challenge stigma and create
a culture of compassion and
understanding around substance use.**



[Mental Health]

Harm Reduction Messaging


Together, we can challenge stereotypes and create a more inclusive and supportive community.

A decorative background consisting of two rows of four light purple circles each, arranged in a grid pattern. The circles are semi-transparent and overlap slightly with their neighbors.

[Mental Health]

Harm Reduction Messaging


Your story matters, and it deserves to be heard without fear of judgment or discrimination.



[Mental Health]

Harm Reduction Messaging


Every person deserves dignity and respect, regardless of their struggles or challenges.



[Mental Health]

Harm Reduction Messaging


**Educating ourselves and others helps
break down stereotypes and promote
acceptance. Let's be advocates for
change.**

A decorative background consisting of two rows of four light purple circles each, arranged in a grid pattern. The circles are semi-transparent and overlap slightly.

[Mental Health]

Harm Reduction Messaging

**It's okay to not have all the answers.
Let's learn and grow together as a
supportive community.**



[Mental Health]

Harm Reduction Messaging

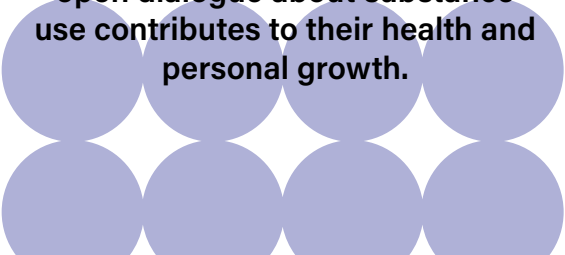
**Every small act of kindness helps break
down stigma. Let's spread kindness
and support.**



[Mental Health]

Harm Reduction Messaging

Empowering others to engage in open dialogue about substance use contributes to their health and personal growth.

A decorative background consisting of two rows of light purple circles. The top row contains four circles, and the bottom row contains four circles. The text is centered over the top row of circles.

[Mental Health]

Harm Reduction Messaging

For more information
you can see all Adams
Health Education
resources online at
AdamsHealthEd.org



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