

Dinner Dialogue

ALLEN COUNTY DRUG AND ALCOHOL CONSORTIUM



In This Edition

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Consent: This Conversation Can Be Rated G

Consent means giving someone a choice about touch or actions and respecting their answer. With children, we often use the language "asking for permission."

At a young age, we want to practice laying the foundation for setting boundaries, making decisions about our own bodies, asking for permission, and responding appropriately when someone says no.

DINNER DISCUSSIONS ON CONSENT

Teaching children respect for their own and others' bodies helps empower them and reduces their chances of becoming victims.

Teach Your Child:

- Your body belongs to you.
- You get to decide what happens to your body.
- No one should touch you without permission.
- Telling someone not to touch you is NOT rude.
- Consent means always choosing to respect others' boundaries.
- Respecting someone's boundaries shows that you care about them.

Ways to ask your child for consent:

- "Do you want a hug goodbye today? Or, we could wave or high five instead."
- "Can I sit beside you while we read this book?"
- "Can I tell your teacher that your grandma died?"

Ways to model consent:

- "Do you need a break from tickling, or are tickles still okay with you?"
- "It's OK if you don't want a goodnight hug."
- "Can I help you put your jacket on?"

Ways to teach your child to ask for consent with other children:

- "Do you want to play with the red or the blue car?"
- "Do you want to hold hands when we walk to lunch?"
- "Can I sit next to you on the bus?"

Example situation and conversation guide for it:

Your child is sad that their friend didn't want to sit next to them on the bus.

We want to encourage children to accept a no answer, but we can also understand the sad or upset feelings that might come along with hearing "no" and help them to deal with those hard feelings in a positive way. You might say something like this:

- "I'm proud of you for respecting your friend's answer and choosing another seat. That shows that you care about your friend."
- "It seems like you're sad, I can understand that. It can be hard to hear a friend or someone we love tell us no."
- "What do you think you could do with your sad feelings? What would make you feel better?"

Alcohol, Tobacco, and Other Drugs Topic

April is Alcohol Awareness Month

In our region, 3 out of 10 twelfth graders **have tried** alcohol.



In our region, 2 out of 10 twelfth graders **have used alcohol** in the past month.

In our region, 2 out of 10 twelfth graders **have vaped alcohol** in the past month.



In our region, 3.5% of twelfth graders **binge drank** in the past two weeks.

Warning Signs of Underage Drinking

Adolescence is a time of change and growth, including behavior changes. These changes usually are a normal part of growing up but sometimes can point to an alcohol problem. Parents, families, and teachers should pay close attention to the following warning signs that may indicate underage drinking:

- Changes in mood, including anger and irritability
- Academic or behavioral problems in school
- Rebelliousness
- Changing groups of friends
- Low energy level
- Less interest in activities or care in appearance
- Finding alcohol among an adolescent's belongings
- Smelling alcohol on an adolescent's breath
- Problems concentrating or remembering
- Slurred speech
- Coordination problems

For more information, please visit: niaaa.nih.gov

April is Child Abuse Prevention Month

Being a great parent is part natural and part learned.
 All parents face challenges and need advice along the way.
 Below is a guide to navigate challenging behaviors.

Child's Name: _____ Challenging Behavior: _____

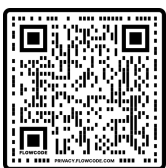
What's Happening	<ul style="list-style-type: none"> Why do I think my child behaves this way? What do I notice before this behavior occurs? What makes it better or worse? 	
Current Strategy	<ul style="list-style-type: none"> How do I handle this now? How is this working for us? 	
My History	<ul style="list-style-type: none"> How did my parents handle this behavior when I was a child? How did I respond? What do I like and dislike about their approach? 	
Trusted Experts	<ul style="list-style-type: none"> Who do I trust for parenting advice? How do they suggest I handle this behavior? What do I like and dislike about this approach? 	
Things to Try	<ul style="list-style-type: none"> What is the one thing I could try <i>before, during, or after</i> the behavior occurs? Where could I receive additional support, if I need it? 	

Why Dinner Dialogues?

Consistent and open communication with your children will boost their self-esteem, improve their self-image, and empower them to make long term healthy decisions.

When they begin to feel heard and understood by the most important people in their life, they will be less likely adhere to the voice of other influences.

- Youth who eat dinner with their family are less likely to:**
- Use tobacco/nicotine
 - Use alcohol
 - Use marijuana
 - Have friends that use tobacco/nicotine, alcohol, or marijuana
 - Plan to use drugs in the future
 - Feel depressed
 - Think about suicide
 - Have sex early
 - Engage in risky behaviors
 - Make poor decisions



Have an idea for a topic, issue, or something else you'd like to see in a future edition of Dinner Dialogue?

Please submit your anonymous feedback by scanning this QR code with your phone's camera!
 Alternatively, visit www.dacac.org to find the survey.