



STEPS
Proactive Parenting

Program Overview
StepsProactiveParenting.com

The Premise of Proactive Parenting

There are some important facts that every parent needs to know ...

- 1 in 7 Americans experience addiction, and 90% start before age 18.
- 75% of high schoolers try addictive substances, and 40% abuse them.
- More people suffer from addiction than heart disease, diabetes, or cancer.
- More people die from addiction than car accidents, homicides, and suicides.

Parents of kids who develop substance abuse problems often say things like...

"We didn't notice the early signs that our teenager was struggling."

"We thought substance abuse was something that happened to other people."

"We didn't think our son's (daughter's) problems were that serious."

"We were embarrassed and didn't get help when we should have."

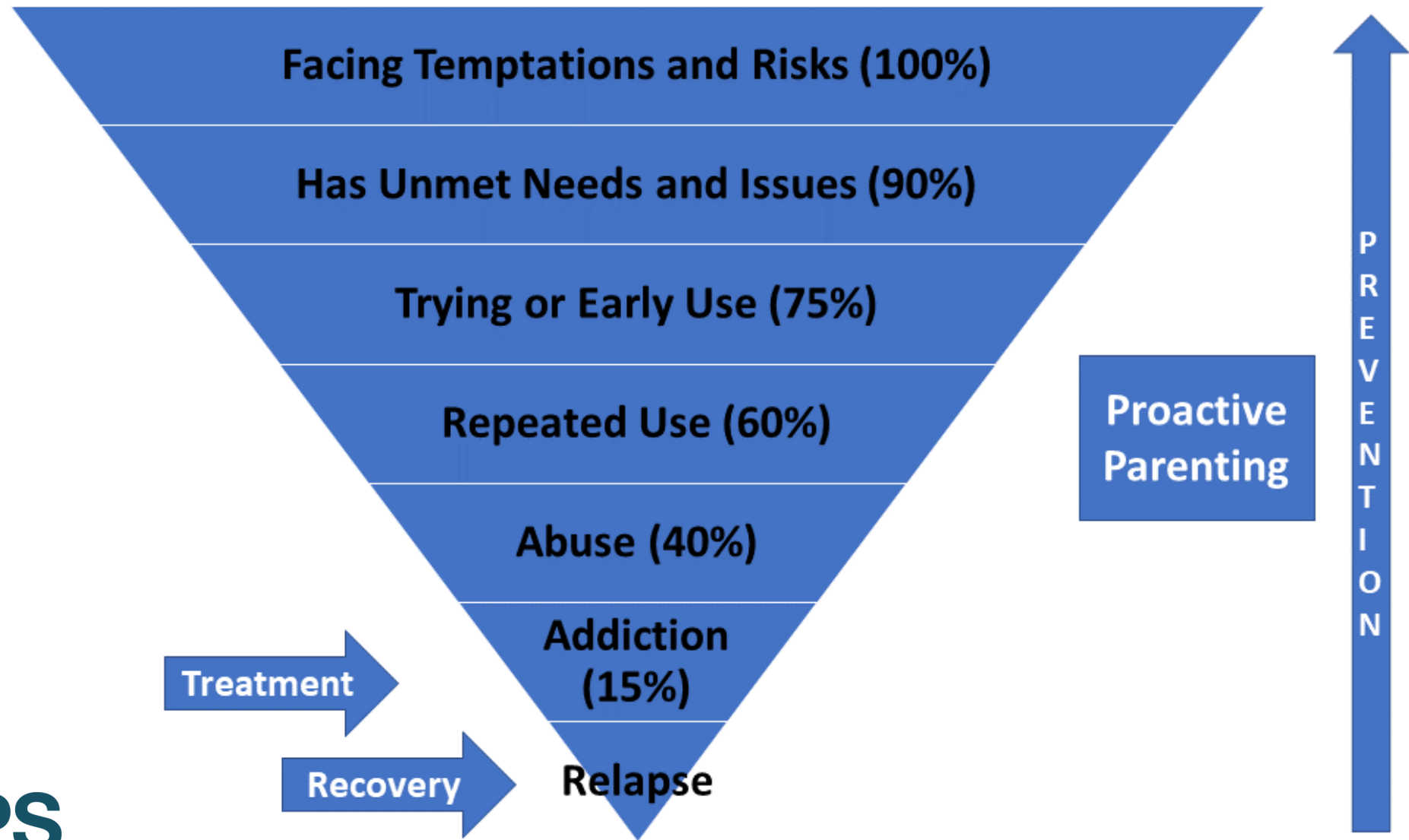
"We didn't know what to do to help them."

"We wish we had done something earlier."

Amazingly, all of those issues are preventable!



The best way to treat substance abuse is to prevent it.
- *Proactive Parenting helps prevent teenage addiction.*



What would happen if every parent knew how to prevent addiction?

“We have a good understanding about how our teenager is doing.”

“We are prepared for temptations and challenges our kids will face as teenagers.”

“We are aware of the trajectory our kids are on and where they’re struggling.”

“We are connected with our teenagers, and we know how to get help for them and us.”

“We educated ourselves to avoid common mistakes many parents make.”

“We have a plan to protect our kids from substance abuse and help them lead a happier life.”

PACES for Parents and the Proactive Parenting Program can help do that!

- **Encourage every parent to take a free, 2-minute “Teenage Wellness Assessment.”**
- **Equip parents with free PACES resources to protect their kids from substance abuse.**
 - “Preparation – Becoming Proactive About Substance Abuse” (15 minutes)
 - “Awareness – Assessing Risks of Teenage Substance Abuse” (10 minutes)
 - “Connection – Conversations Every Teenager Needs to Hear” (10 minutes)
 - “Education – 10 Mistakes Parents Make and How Not To” (15 minutes)
 - “Steps – The Importance of a Proactive Parenting Plan” (10 minutes)
- **Enable parents to get help and build a plan to help their teenagers remain safe and healthy.**
 - Get educated (e.g. PACES for Parents), talk to a counselor or coach, or check out recovery programs.
- **Offer free 30-minute monthly webinars and a series of 1-minute videos to support the training.**

Proactive Parenting Program Overview

We provide practical and easy-to-understand material for parents to ...

- Go through **Preparation** that can help them be ready for the teenage years.
- Increase their **Awareness** of the risks and warning signs to look out for.
- Encourage **Connection** to their teenagers and people who can help.
- Provide useful **Education** so they and their kids know what to do.
- Help them develop **Steps** so they move in a positive direction.

We offer a 6-month program delivering integrated parenting content 3 ways:

1. Access to the PACES for Parents online learning center.
2. 6 monthly 30-minute webinars on supporting topics.
3. 24 weekly emails with 1-minute highlight videos.



1. PACES for Parents Online Learning Center

<https://www.stepsproactiveparenting.com>

Parents want to protect their teenagers from issues they will face and help them lead a happy life, but substance abuse has become an epidemic. By being proactive, parents can help prevent addictions from taking control of their kids' lives and destroying their family.

- **Preparation:**
Become proactive and prepared to protect your kids from substance abuse.
- **Awareness:**
Be aware of what your kids are going through and challenges they face.
- **Connection:**
Deepen and strengthen your relationship with your son or daughter.
- **Education:**
Equip your kids to deal with life issues and situations they will face.
- **Steps:**
Build a plan to help them become the man or woman they are meant to be.

2. Proactive Parenting Webinars

- “Becoming a Proactive Parent”
- “Getting Ready for the Teenage Years”
- “Understanding Teenage Substance Abuse”
- “Connecting with Your Teenager”
- “What to Do if Your Teenager is Struggling”
- “How to Protect Your Kids from Addictions”

3. “Parenting Minutes” Videos

Each short video reinforces key concepts from the Proactive Parenting material and aligns with related articles and podcasts that can be used as appropriate to support the learning process.



Proactive Parenting Webinars & “Parenting Minutes” Videos

“Becoming a Proactive Parent” (webinar)

Whatever age kids you may have, now is the time to become more intentional about being the best parent you can be. For them. Topics to be covered include:

- Becoming proactive and balanced in your parenting
- Helping your kids learn to achieve personal excellence
- How you can help enhance their emotional well-being
- Guiding your kids along their personal spiritual journey
- Understanding the 5 ways to become a GREAT parent

“Parenting Minutes” (short videos delivered via email)

- [“Proactive Parenting”](#) – See the [related blog article](#)
- [“How Kids Achieve Excellence”](#) – See the [related blog article](#)
- [“How to Enhance Your Kids Emotional Well-Being”](#) – See the [related blog article](#)
- [“Your Kids and Spirituality”](#) – See the [related blog article](#)

“Getting Ready for the Teenage Years” (webinar)

Your teenagers will face issues and challenges as they grow up. You can help by being prepared and showing them how to live well. Topics to be covered include:

- Understanding the challenges and risks that teenagers face
- Recognizing codependency: are you controlling or enabling?
- Taking care of teenagers starts with taking care of yourself
- Setting an example by adopting a positive, healthy lifestyle
- Getting through the teenage years one small step at a time

“Parenting Minutes” (short videos delivered via email)

- “Addiction: The Facts and the Stories” – See the [related blog article](#)
- [“What to Do if Your Son or Daughter is Struggling”](#) – See the [related blog article](#)
- [“What to Do if Your Son Daughter is Struggling \(Part 2\)”](#) – See the [related blog article](#)
- “Becoming a Whole Person” – See the [related blog article](#)

“Understanding Teenage Substance Abuse” (webinar)

All teenagers face issues and temptations, and most try addictive substances. Which makes it critical for parents to understand their world. Topics to be covered include:

- Understanding the teenage brain—why they do what they do
- The risk factors and warning signs for parents to look out for
- Why some teenagers take drugs, and how it can get worse
- If you feel that something is going on, don't do nothing
- Learning from the things that many parents do wrong

“Parenting Minutes” (short videos delivered via email)

- [“Preventing Addiction in Teenagers”](#) – See the [related blog article](#)
- [“Why Teenagers Take Drugs”](#) – See the [related blog article](#)
- [“Doing Nothing is a Decision”](#) – See the [related blog article](#)
- [“Raising a Drug Addict”](#) – See the [related blog article](#)

“Connecting with Your Teenager” (webinar)

Is it hard to communicate with your teenager? Keep trying, because they need you as a positive influence in their life. Especially if they’re struggling. Topics to be covered include:

- Communicating with your teenage son or daughter
- Making the investment to build a good relationship
- Conversations that every teenager needs to hear
- Knowing when your son or daughter needs help
- Understanding who could help them—and you

“Parenting Minutes” (short videos delivered via email)

- [“What Teenagers Don’t Know Can Hurt Them”](#) – See the [related blog article](#)
- [“How You Feel When Your Son is Addicted”](#) – See the [related blog article](#)
- “10 Ways to Improve Your Family Relationships” – See the [related blog article](#)
- [“What Every Teenager Needs to Hear”](#) – See the [related blog article](#)

“What to Do if Your Teenager is Struggling” (webinar)

It’s hard for parents to know what to do if their teenager is struggling or abusing substances. But with some education, you can do it! Topics to be covered include:

- Understanding the role of a parent in protecting their kids
- What to do when your kids experiment with alcohol or drugs
- How to be a GREAT parent when your teenager is struggling
- Dealing with the feelings and emotions that parents feel
- Putting it all together: Steps to become a better parent

“Parenting Minutes” (short videos delivered via email)

- [“Choosing How to Protect Our Kids”](#) – See the [related blog article](#)
- [“How to Be Proactive About Gateway Drugs”](#) – See the [related blog article](#)
- [“What to Do if Your Teenager is Taking Drugs”](#) – See the [related blog article](#)
- [“If Your Teenager is Taking Drugs \(Part 2\)”](#) – See the [related blog article](#)

“How to Protect Your Kids from Addictions” (webinar)

Learn how you can prevent personal issues or substance abuse from harming your teenager's future and help them lead a happier life. Topics to be covered include:

- Being prepared to protect your kids from substance abuse
- Becoming more aware of what your kids are going through
- How to improve your relationship with your son or daughter
- Equip your kids to deal with issues and situations they will face
- Build a plan to help them become the person they are meant to be

“Parenting Minutes” (short videos delivered via email)

- [“10 Mistakes Parents Make”](#) – See the [related blog article](#)
- [“Building a Proactive Parenting Plan”](#) – See the [related blog article](#)
- [“A Young Person’s Advice to Parents”](#) – See the [related blog article](#)
- [“PACES: Steps to Become a Better Parent”](#) – See the [related blog article](#)

About Us

We have been where you are and have worked with many other parents who have been there too. Our team provides proven and practical resources so you can protect your kids from addiction and help them lead a happier life.





Is PACES for preventing addiction or helping people recover?

PACES for Parents can help with both situations, but its unique value is to help parents become more proactive to prevent the situation with their kids from getting worse. The substance abuse journey moves through the stages of temptations and risks, unmet needs and issues, early use, repeated use, abuse, addiction, and relapse. Wherever your son or daughter is on that journey, PACES will help you take the steps to help prevent or slow down their downward spiral from getting worse.

How is your parenting material different from others?

We specialize in a simple approach that is uniquely focused on preventing addiction by providing practical, proven resources that integrate emotional, spiritual, and personal principles. Research of world-class parenting principles is simplified into how-to steps anyone can take without wasting hours sorting through the clutter of information on the internet. We use a vulnerable and transparent approach focused on grace rather than shame to help kids remain safe, healthy, and happy.





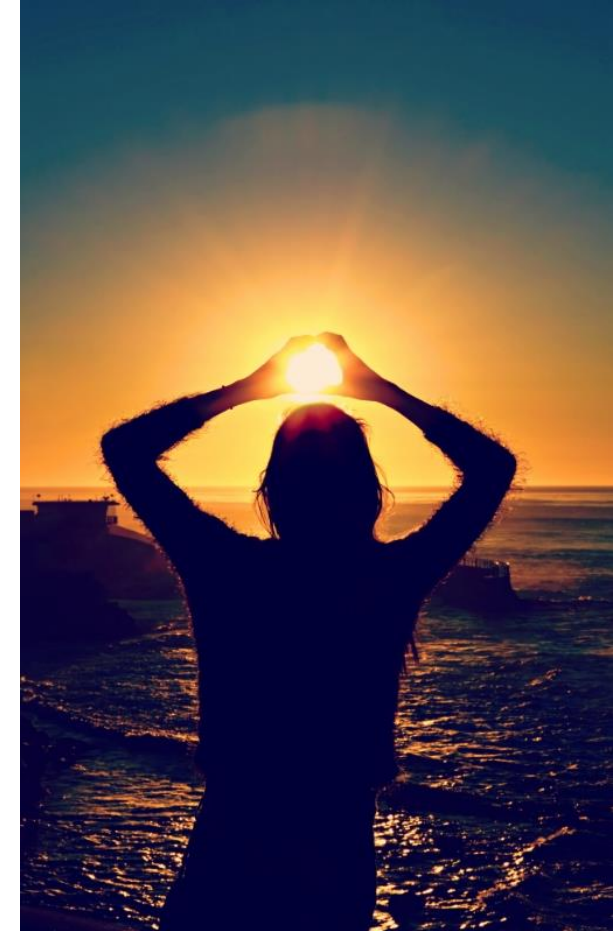
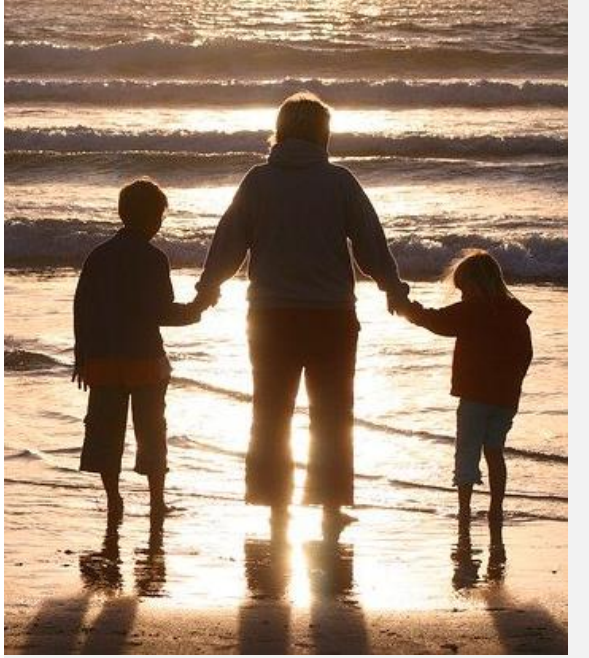
I'm Steve Ward, and I specialize in helping people make positive changes in their life. I am the founder and Executive Director of STEPS Ministries, a nonprofit organization that helps people improve their lives, grow closer to God, and prevent compulsive issues such as substance abuse from robbing them of peace, joy, and satisfaction.

I had a 38-year career with IBM in management and leadership positions for engineering, sales, and marketing. But I also battled alcoholism, and members of my family struggled with addiction as well. Through recovery, I learned that all of us face issues, but there are things we can do to prevent them and live life better.

I wrote the book *STEPS: A Daily Journey to a Better Life* and spent thousands of hours studying and teaching how people can develop a healthy lifestyle that would lessen the risk of addiction. I also have a passion for helping Moms and Dads protect their kids from substance abuse, and I love the work we do at STEPS Proactive Parenting.

Now, I am a writer, speaker, teacher, consultant, and coach in the areas of personal effectiveness, emotional well-being, spiritual growth, and the prevention of addiction and relapse. If you or someone you care about is struggling, I know how you feel, and I want to help. The STEPS team and I are here to serve you and all who are hurting.





For more information, please contact:

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