

# PARENTING IN A CRISIS TO HELP PROTECT YOUR KIDS

**Preparation** for the risks teenagers face will protect them and keep them safe

## Identify Danger Areas

Write down dangers that worry you such as substances, mental health, or self-harm. Stop the insanity of “doing the same thing and expecting different results.”

## Take a Positive Step

Don't let your emotions interfere with the well-being of your kids. Get into motion, and you will feel better. You can help them, but you must do something.

## Avert a Fentanyl Crisis

Any kid can be tempted: “Try this pill, you'll like it.” Ensure your kids know that any drug can be laced with fentanyl, and a few grains of fentanyl can be fatal.

**Awareness** gets harder in a crisis, so you will need to work harder to be vigilant

## Learn What's Going On

You need more information to help protect your kids. To do that, be more vigilant, ask more questions, and pay more attention to their habits and friends.

## Track Their Direction

Capture in writing what you observe about your kids that gives you concern. Keep a journal and use it to update people who can help you assess the situation.

## Commit to Be There

For your kids' well-being, you must be there for them: be available, be willing, be ready, be proactive, be thoughtful, be empathetic, and be compassionate.

**Connection** to wise, caring, and helpful people is a lifeline for a teenager in crisis

## Eliminate Harmful Talk

Stop any communication habits that can hurt your kids; anger, control, being condescending, using hurtful words, and focusing only on the negatives.

## Stop Enabling Your Kids

Don't encourage harmful behavior by shielding kids from the consequences of their choices. It makes things worse and allows dangerous choices to escalate.

## Help Your Kids Connect

Encourage your kids to form relationships with positive, helpful people such as an encouraging relative, an older mentor, or a knowledgeable counselor.

**Education** needs to be specific to your kids' situation, and it is now more urgent

## Get More Education

If you aren't sure what to do when your kids struggle, educate yourself quickly about the specific emotional issues, circumstances, and addictions they are facing.

## Focus on Prevention

Have proactive talks using facts, suggestions, and questions and ask your kids how they will adjust their behavior to avoid outcomes they are bringing on themselves.

## Learn About Recovery

You and your kids can help turn things around by learning about the useful principles of recovery and practicing those behaviors as part of a “pre-recovery” plan.

**Steps** forward must accelerate in a crisis to help them before it becomes too late

## Talk About Recovery

Tell your kids that because you love them, you will do whatever it takes to protect them and help them get better, including a recovery plan if necessary.

## Get Help for Them Now

Contact the best person or organization you can find and set up the first three appointments. If your teenager can't connect with that person, try someone else.

## Have an Emergency Plan

As you hope for the best, you need to plan for the worst. Build a plan for dangerous situations that could occur and decide when and how to hold an intervention.



LOOKING FOR MORE GUIDANCE TO  
**HELP YOU PROTECT YOUR KIDS?**

*If your kids are facing a crisis, the time to act is now, before it becomes too late to protect them from harm.*