

THREE-MINUTE VIDEOS FOR PARENTS ON PREVENTION



Caron's Education Department is here for you. We offer educational programming and resources to help prepare you to raise drug-free teens as well as support you if concerns arise.

Raising children can be difficult. When substance use problems enter the picture, things get a lot more challenging. It is essential for parents to have the skills, knowledge, and resources they need.

This video series of micro-lessons provides parents with information and tips to guide their child to a healthy lifestyle and create a substance-free youth culture within their family. Each lesson is presented by an expert from Caron Treatment Centers' Education Alliance.

The best time to stop substance use is before it starts.



[View the Series](#)

Video Topics

- Vaping and Nicotine Use
- Alcohol: Like Diesel Fuel to an Unleaded Tank
- Cannabis, What's the Big Deal?
- Medicine Abuse: Being A Good Consumer
- Refusal Skills: Give Them Some
- Eat Your Veggies: Growing Up Big & Strong: Mentally & Emotionally
- Everybody Does It
- How to Have the Uncomfortable Conversation
- Prevention: Keeping It Simple with Realistic Ways We Can Connect
- Empower Parents to Do the Right Thing

For additional information and resources, please visit [Caron.org/EA-Resource-Kit](https://www.caron.org/EA-Resource-Kit)

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