

Facilitator Notes

(These notes can also be found on the website link with the handouts.)

Handouts on AC4C HIPS Website <https://ac4c.org/2024/10/hidden-in-plain-sight-campaign/>

Iowa Drug Recognition Expert Video going over the backpack contents (coming) and Information Guide that shows most of the products by picture with some description- Hidden in Plain Sight- possible questions or comments-

This video will cover drug paraphernalia and some things to look for in your home; it is important to mention - "What do I do if I find one of these products in my home"

We recommend looking into the 5 conversation goals that will help you have a conversation with your youth about the product you found. Make sure to talk to your child about why you are concerned and that you love them/ care for them and want them to be safe. - We do not recommend rummaging through your child's room to look for these items; if you are suspicious, they might have one start a conversation. - This training is meant to educate you in case you find these items and can be better prepared. It is also meant to equip you with the tools to safely talk about these things with your youth and to help create a more open and honest relationship.

Signs and Symptoms- possible questions or comments –

This document will be going over signs and symptoms of substance use it is important to note that - Children go through many physical, emotional, and social changes as they grow. It's a natural part of adolescence that can make it hard to recognize when a child is at-risk for substance use. That's why it's important to look out for changes in kids' attitudes and behaviors that could indicate a more serious problem. - Talk with kids if you notice big changes like:

- Big mood swings and/or a defensive attitude
- Problems at school, like falling grades or poor attendance
- Breaking family rules; Getting rid of old friends or not introducing you to new ones
- A lack of interest in their appearance or favorite activities
- Memory lapses and poor concentration or coordination.

- Also note that one sign or symptom doesn't mean drug use; it will usually be 3 or more to indicate an issue. (ex. Marijuana use; red eyes, strong odor (either unfamiliar or excessive cologne/ perfume/ air freshener) extremely protective of a certain container, more than normal time spent outside)

Conversation goals- possible questions or comments- (see below)

These are purely recommendations based on evidence-based practices whether you choose to use these methods or not we want to make sure you have as many resources as possible to have a healthy and safe interaction with your child about substance use.

- What if my child asks why I drink? Or ask about when I drank when I was their age? Be honest don't lie;

You can refer them to the tough conversations sheet on the HIP parent resources site as well. - How do I start the conversation? Conversation starters?

- Refer them to the "Small Talks" or "Talk. They Hear You." campaigns; there they can find conversations starters and even practice on the "Talk. They Hear You." app which is free. "Small Talks" also has conversation starters sorted out by what age a person's child is.

All of the following parent/guardian information can be found on the AC4C HIPS website link too:

- Talk. They Hear You. is a SAMSHA campaign that aims to help parents, caregivers, educators, and community members get informed, be prepared, and take action when talking about substance use!
- [Answering your child's tough questions](#) (ex. Why do you drink? Did you drink when you were a kid?)
- [Fact Sheets](#)
- [Talk. They Hear You. Mobile App](#) You can also go to the AC4C website below to learn more and download the Free app.
 - The app features sample conversation starters, ways to keep the conversation going, an interactive practice simulation section, and the opportunity to earn badges for practicing and having real-life conversations. It also includes a resources section with informative and useful videos, fact sheets, brochures, infographics, guides/toolkits, and more.

[Small Talks](#) (from Wisconsin Department of Health Services)

- Small talks are short, casual conversations that help you connect with your child on the important stuff, like underage drinking. Having lots of small talks over time helps build trust and set expectations as kids change and grow.

<https://ac4c.org/2024/10/talk-they-hear-you/>