

# HIDDEN

## IN PLAIN SIGHT



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Hidden in Plain Sight Backpacks are a tool used to train staff and parents on youth substance use trends in Iowa; in the backpack are examples of products that can easily be missed by an untrained eye. Through this training you will learn what products look like, signs of substance use, and how to start a conversation with your youth.

# 5 CONVERSATION GOALS

- 1 Show you disapprove of underage drinking and other drug use.
- 2 Show you are a good source of information about alcohol and other drugs.  
Be prepared to have tough conversations.
- 3  
Toughest goal is to ask and listen but resist the urge to lecture.
- 4  
Last goal is to help build your teens skills and strategies to avoid
- 5 drinking and substance use.

