

PREVENTION PLAYBOOK

The OSDE Prevention & Intervention Office is starting some easy-to-use targeted information that anyone can save for quick resources on their campus.

RED RIBBON WEEK RESOURCES

Everything you need to celebrate Red Ribbon Week®. Planning guides, flyers, promotional material, we have it all!

- [2023 Red Ribbon Week Downloads](#)
- [Helpful Lesson Plans](#)



OCTOBER:

In Oklahoma the most abused substances among youth are

- Cigarettes – including vaping
- Marijuana
- Alcohol

[Behavioral Health Barometer: Oklahoma, Volume 6 \(samhsa.gov\)](#)

PREVENTION POINTER:

**BEING TRAUMA-INFORMED
MEANS SHIFTING YOUR
LENS FROM ASKING:**



Chances are that the “bad” behavior you are seeing is a survival mechanism that has been triggered by something even the child is not aware of – such as a smell, sound, tone of voice/volume, word, or facial expression. You cannot be “perfect” in your expressions and interactions – but you can be informed in your responses. If your radar is going off, because the child is acting out, then chances are that this is the moment you shift your lens, and find out what happened. Making simple statements such as “I see you are upset” can open the door to communication. Then, we can find out what triggered the behavior, and see if we can help the student learn a new way of responding to the engrained trauma pattern.

Risk and Protective Factors for Drug Use, Misuse, and Addiction

RISK FACTORS

Aggressive behavior in childhood^{13,14} ⊗

Lack of parental supervision^{14,16} ⊗

Low peer refusal skills^{13,17,18} ⊗

Drug experimentation^{14,20,21} ⊗

Availability of drugs at school^{21,23} ⊗

Community poverty^{24,25} ⊗

PROTECTIVE FACTORS

✓ Self-efficacy (belief in self-control)¹⁵

✓ Parental monitoring and support¹⁶⁻¹⁸

✓ Positive relationships^{17,19}

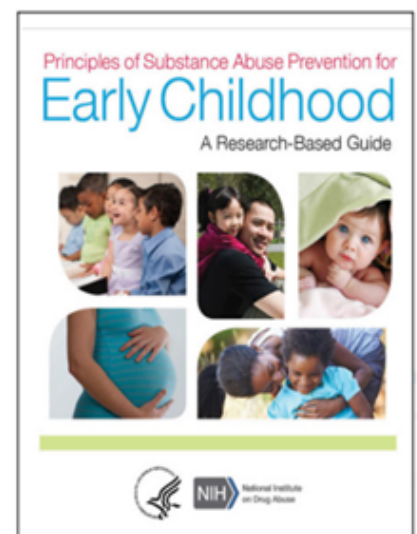
✓ Extracurricular Activities^{17,22}

✓ School anti-drug policies¹⁷

✓ Neighborhood resources²⁶

➤ For more targeted and in-depth strategies for Prevention & Intervention addressing substance abuse – please visit: [Preventing Drug Use Among Children and Adolescents](#) (Redbook) (nih.gov)

➤ For a more comprehensive approach that promotes wraparound care: [CharacteristicsCompApproach.6_27_20.pdf](#) (edc.org)



National drug use surveys indicate some children are already using drugs by age 12 or 13.

Prevention is the best strategy.