

# WORDS CAN WORK<sup>®</sup>

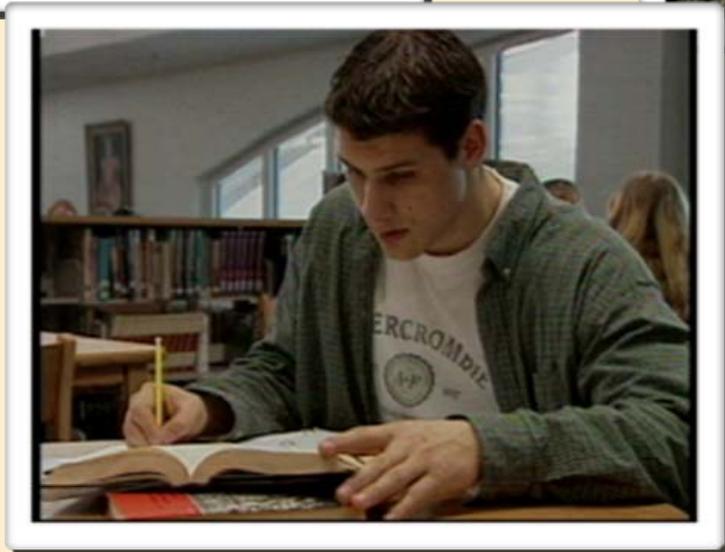
*Knowing the issues, talking with kids.*

Video clip #1

...with your child. Try not to criticize your child. Tell your children what you believe, and why. Use everyday  
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Developing good communication. Know what you're saying. Knowing the issues, talking with kids.



*“The health of military families  
and soldiers are  
interconnected, so if one is not  
doing well, it’s likely that the  
other is going to be powerfully  
impacted.”*

**Retired Colonel Stephen Cozza, MD  
Center for the Study of Traumatic Stress  
Uniformed Services University of the Health Sciences**

Video clip #2

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Forty three percent of 13- to 14-  
year-olds say they're stressed  
every day.

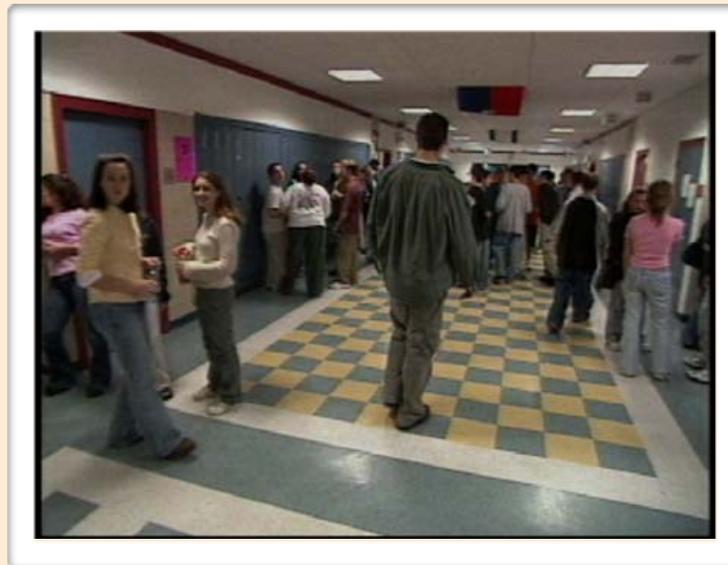
National Youth Anti-Drug Media Campaign



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By age 17, almost sixty percent  
of youth say they're stressed  
every day.

National Youth Anti-Drug Media Campaign

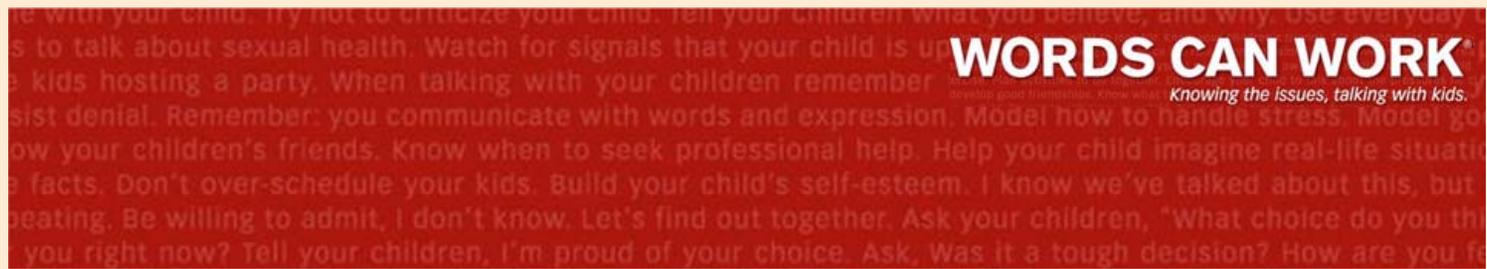


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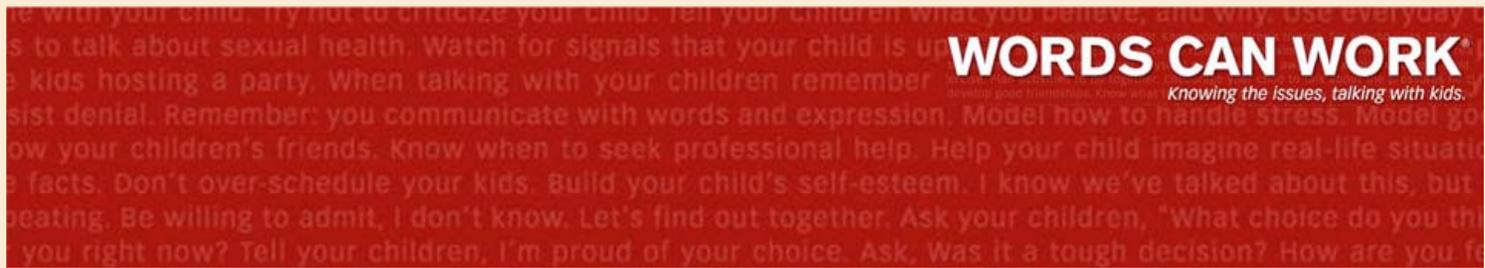
Average age of first use of  
alcohol is 11 for boys and 13 for  
girls.

U.S. Department of Health and Human Services, The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking.



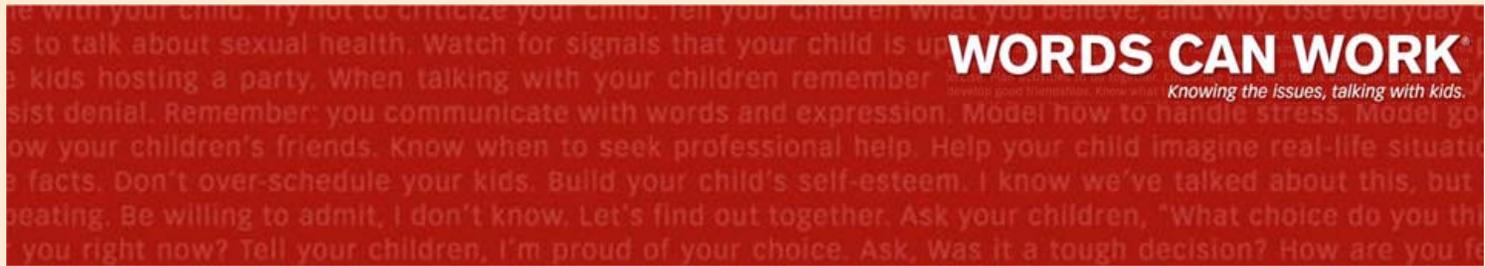
Half of teens try an illicit drug by  
the time they finish high school.

Monitoring the Future



Seventy three percent of teens say  
a leading reason for drug use is  
to deal with pressure and stress.

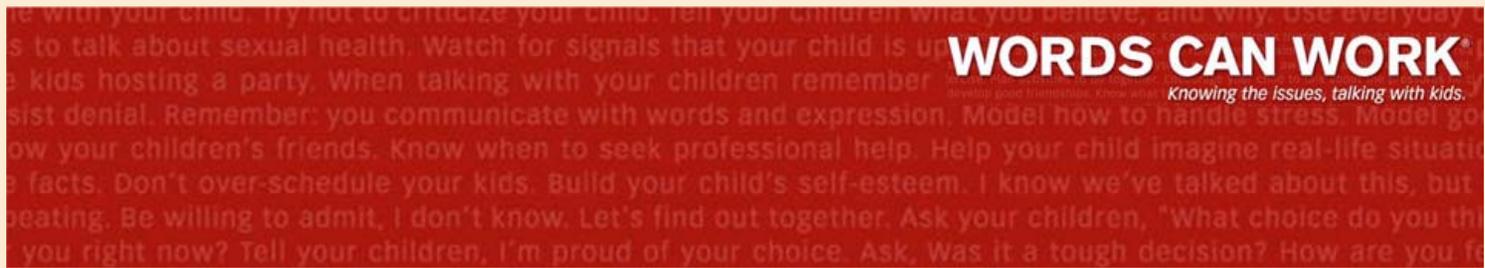
Partnership for a Drug-Free America



Nearly nine percent of 12- to 17-  
year-olds experience major  
depression each year.

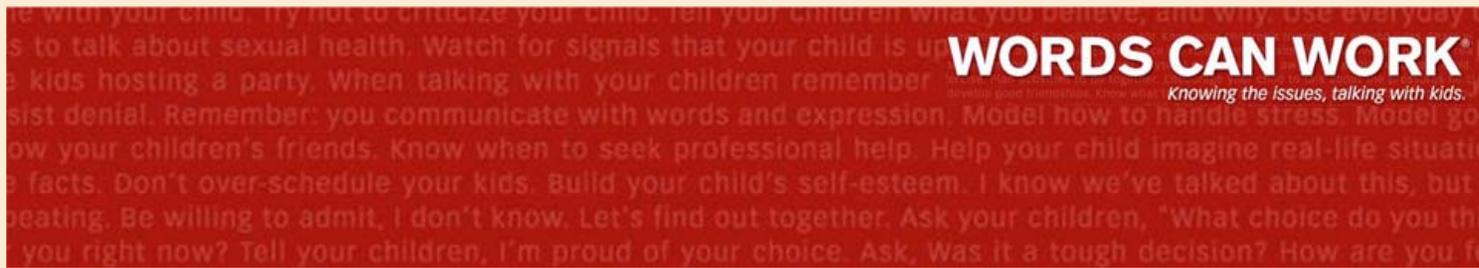
Substance Abuse and Mental Health Services

Administration



Nearly seventeen percent of high school students had seriously considered attempting suicide in the past year.

U.S. CDC Youth Risk Behavior Surveillance



Average age of first use of alcohol is 11 for boys and 13 for girls. U.S. Department of Health and Human Services, The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking.

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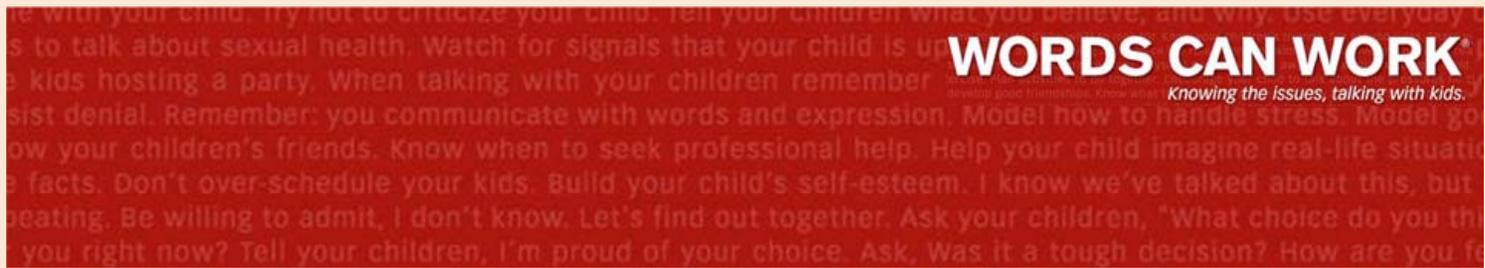
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Knowing the issues, talking with kids.



# WORDS CAN WORK<sup>®</sup>

*Knowing the issues, talking with kids.*



When kids can talk openly  
with a parent, or another adult  
they trust, they make healthier  
choices.

Miller KS, et. al., American Journal of Public Health, vol. 88, pp. 1542-1544



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When kids feel connected to  
a peer, parent, or within their  
community they grow up  
more safely.

National Longitudinal Study of Adolescent Health



Video clip #3

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*Knowing the issues, talking with kids.*

Video clip #4

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### *In Our Own Words: Teens and AIDS*



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Developed by Good Communication. Know what you're saying. Knowing the issues, talking with kids.



Video clip #5

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Setting good traditions. Know what you're doing. Knowing the issues, talking with kids.



Video clip #6

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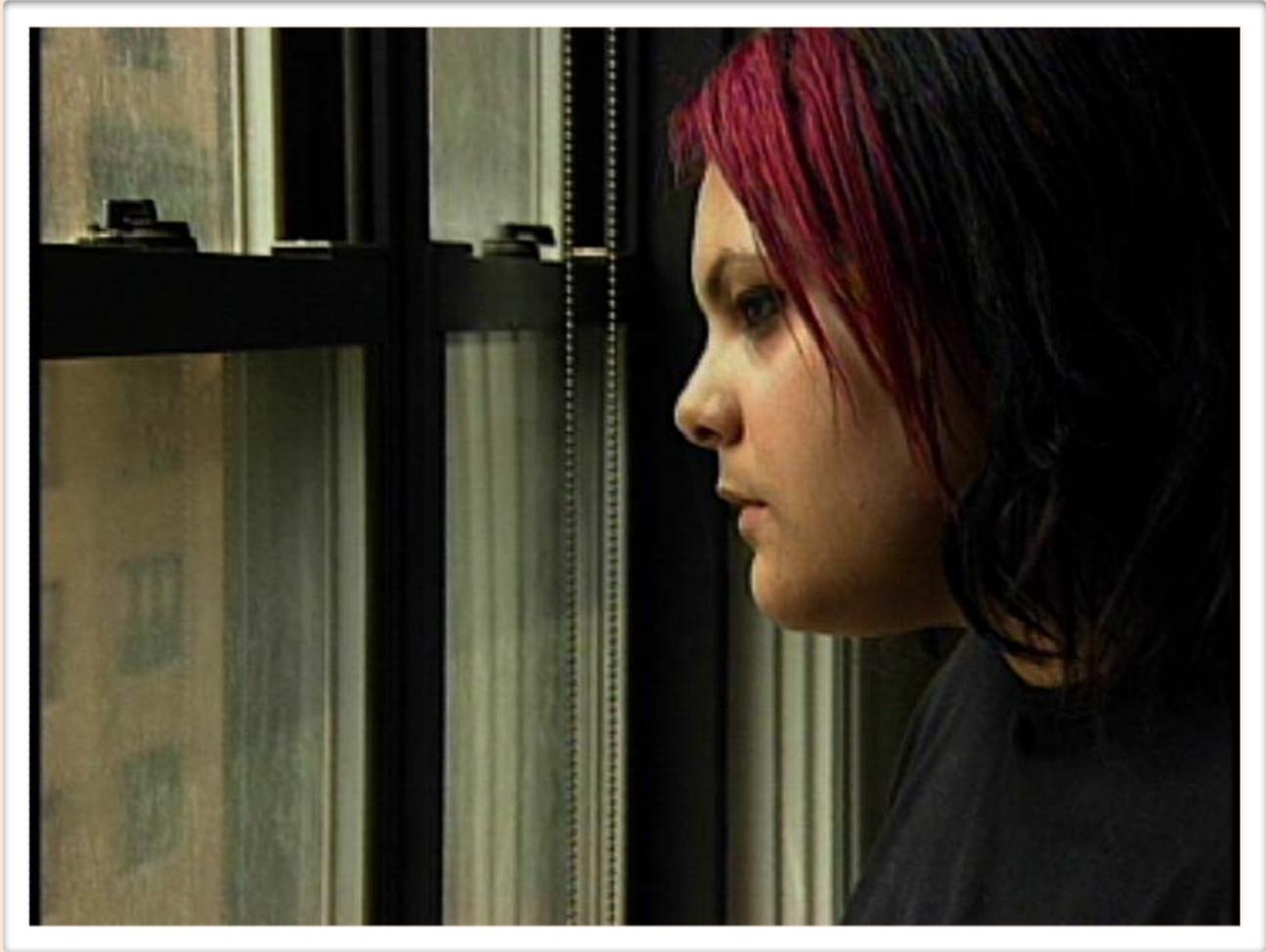
Setting good foundations. Know what you're talking about. Knowing the issues, talking with kids.



*“It’s a defense mechanism.  
When something’s frightening,  
like knowing your child’s  
behaving in an unsafe way, you  
decide not to think about it. You  
tell yourself it’ll be all right.”*

**Dr. Brian Johnson**  
**Director of Addiction Psychiatry**  
**SUNY Upstate University**

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Video clip #7

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*Knowing the issues, talking with kids.*

*“Knowing your child’s emotional  
baseline makes it easier to  
recognize a significant change.”*

**Dr. Paula Rauch**

**Chief, Child Psychiatry Consultation Liaison Service**

**Massachusetts General Hospital**

## **Knowing Your Child**

“You seem sad. Is there anything troubling you?”

“I’ve noticed that (mention a behavior that has changed), and I’m worried about you.”

“When something’s wrong or upsetting, I don’t want you to feel alone with those feelings. I want you to tell me the hard stuff, so I can help.”

**Dr. Paula Rauch**  
**Chief, Child Psychiatry Consultation Liaison Service**  
**Massachusetts General Hospital**

# Signs of Depression

(lasting two or more weeks)

Frequent sadness, tearfulness, crying

Increased irritability, anger, or hostility

Loss of interest in activities; unable to enjoy favorite activities

Hopelessness

Boredom; low energy

Isolating, poor communication

Low self-esteem and guilt

Extreme sensitivity to rejection or failure

Difficulty with relationships

Frequent complaints of physical illness (headache/stomachache)

Missing school or drop in grades

Poor concentration

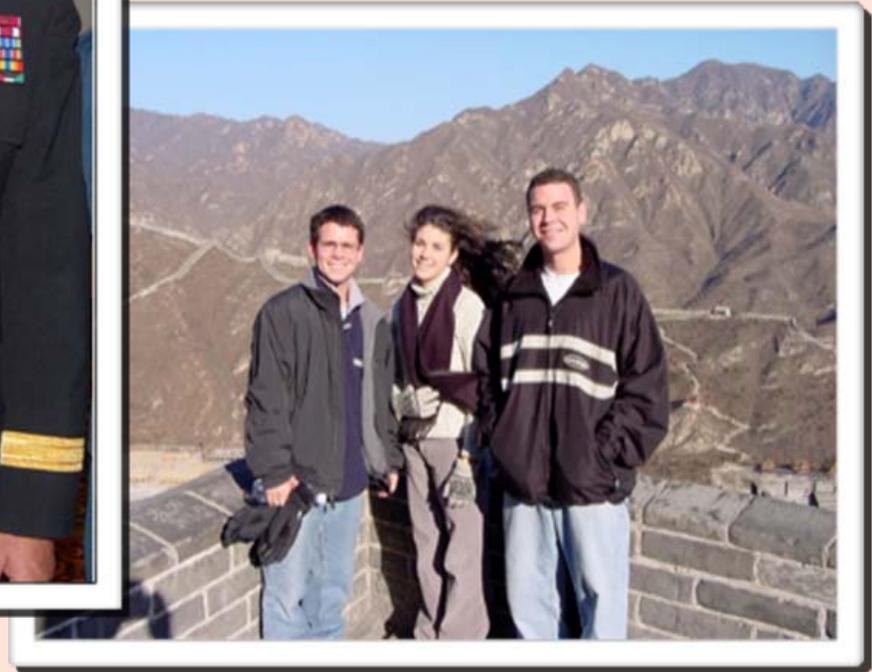
Major change in eating and/or sleeping patterns

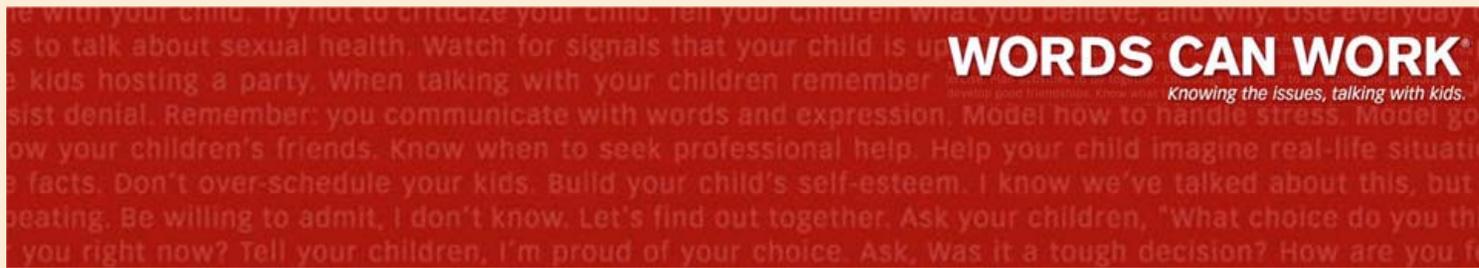
Thoughts or expressions of suicide or self-destructive behavior

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Didn't understand depression as a life-threatening illness

Didn't believe their son could have a mental illness

Wanted Kevin to stay "on track"

Feared appearing they weren't good parents

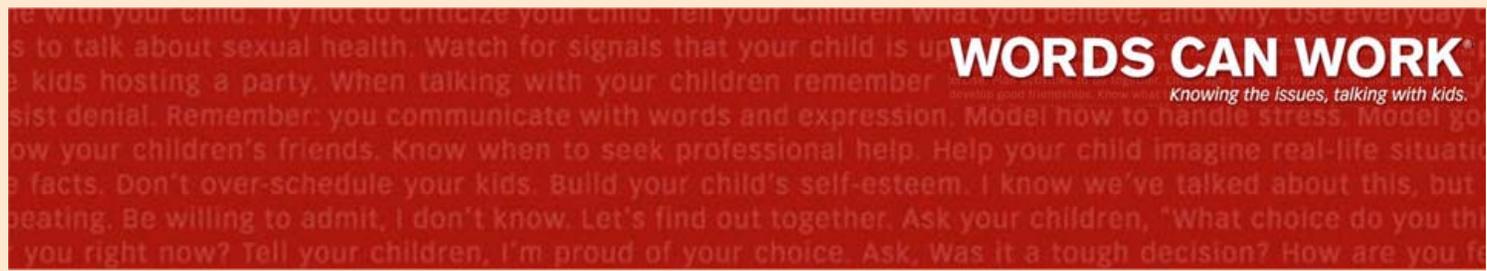
Kevin was ashamed of his depression

They *all* feared he'd lose his scholarships

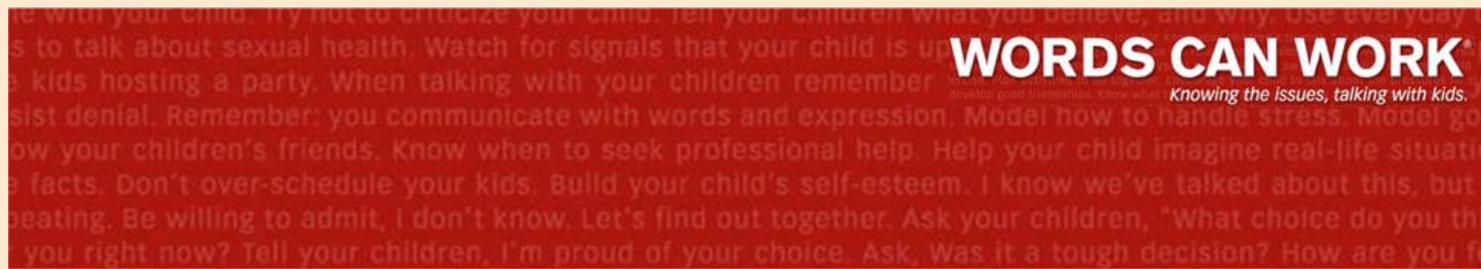


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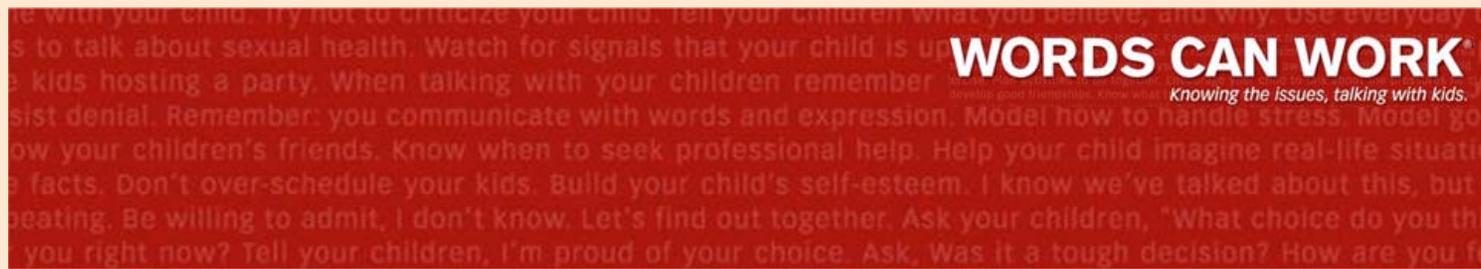


Be sure to listen more than you talk.



Be sure to listen more than you talk.

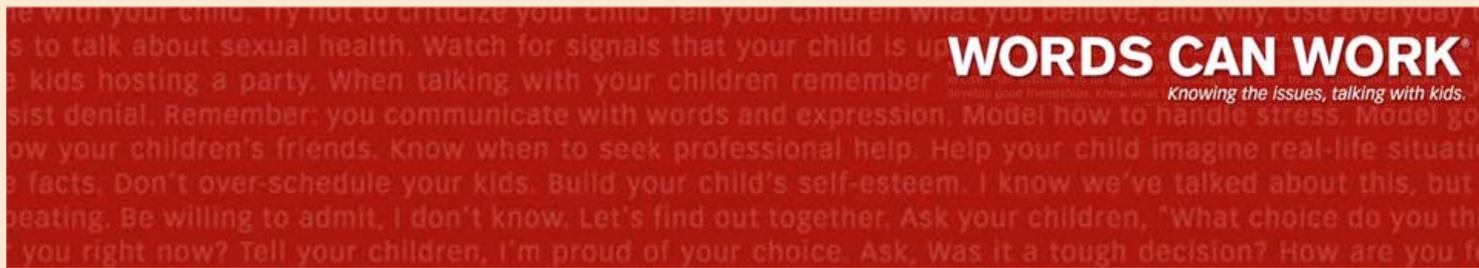
Spend time together: it shows you care.



Be sure to listen more than you talk.

Spend time together: it shows you care.

Critical looks shut down communication.

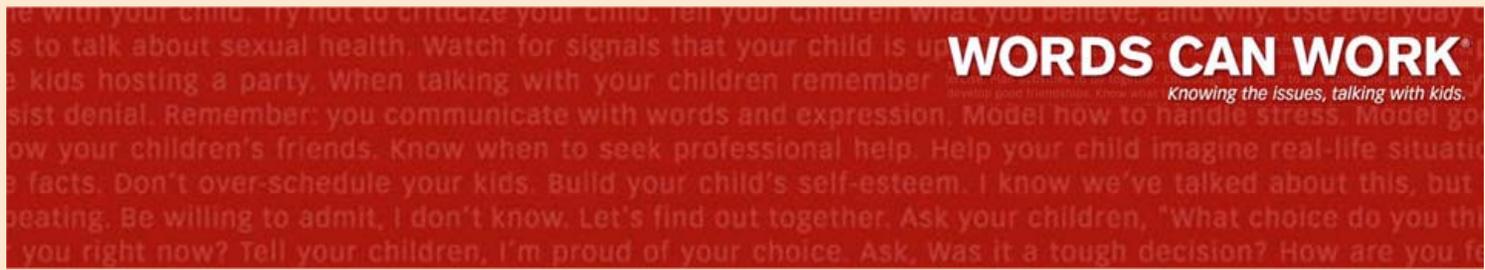


Be sure to listen more than you talk.

Spend time together: it shows you care.

Critical looks shut down communication.

Help kids find healthy ways to deal with pressure.



Be sure to listen more than you talk.

Spend time together: it shows you care.

Critical looks shut down communication.

Help kids find healthy ways to deal with pressure.

Seek professional help when needed.

Video clip #8

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*Knowing the issues, talking with kids.*