



# Crime Prevention Week

November 1<sup>st</sup> to 7<sup>th</sup>, 2019

*Crime Prevention is Everyone's Responsibility*



## Resiliency

# the Foundation for Prevention

Prevention programs have proven to be effective, but families and influential adults continue to play a critical role in determining how children and youth handle peer pressure and the lure of alcohol, cigarettes, misuse of prescription drugs, and illegal drugs.

Research has shown resilient youth are less likely to experience problems related to substance use, gang participation, gambling, gaming or other potentially harmful or unhealthy behaviours.



## Creating an Environment for Open Communication



When children and youth don't feel comfortable talking to parents, they'll seek answers elsewhere, even if their sources are unreliable. Conversations with kids about drugs and risky behaviour can be difficult, but parents who learn the facts about the effects of drug use can provide their children with correct information and clear up any misconceptions.

Create an environment for trust and open communication. Make talking and having conversations with your child(ren) a regular part of everyday. Finding time to do things you enjoy together as a family helps everyone stay connected and maintain open communication.

Being involved in children's lives is important. Know your child's friends — and their parents. Be involved in your child's activities. Pay attention to how your kids are feeling, let them know that you're available and willing to listen in a non-judgmental way.

Encourage positive healthy behaviours and friendships. Encouragement is key to building confidence and a strong sense of self. Encouragement sends three key messages to a child: they can do it; they have good ideas; and that they and their ideas are important.

People can get really sick. That's not cool at all.

Why would you want to use that junk or do that? I already feel pretty good and I don't want to mess that up.

I'm not into that... I'm not taking any chances. I'd be grounded for life if I got caught.

I really like you. I just don't like drugs.

## Different Ways to Say NO

"NO" can be difficult, especially when being pressured by friends and peers. Help your child(ren) learn different ways to say NO. Help your child(ren) develop a plan for responding to awkward situations they may face, and come up with responses that will allow him/her to make the right choice, but won't alienate or judge their friends.



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## Building Resilient Youth

Develop strategies to negotiate emotional conflicts that work towards mutually acceptable solutions. Be neutral in identifying problems. Allow everyone impacted to generate possible solutions.

Be able to calmly set limits when a child or youth is defiant or disrespectful. Setting limits helps teach self-control, responsibility and safe boundaries.

- Setting rules: make clear, simple, and specific rules; make sure your child understands the rules; have a list of consequences; be ready to follow through;
- Follow-up on the rules: offer encouragement when they are followed and giving consequences when they are broken. When stating rules, be calm, be specific and state only one rule at a time.



Youth differ in their needs and personalities. Both shape decisions that can lead to risky choices for their health and well-being. Self confidence and independence are characteristics that support resiliency.

- Recognize and support your child's individual abilities. Give praise to your child—often and in meaningful ways.
- Recognizing the positive things your child does.
- Take time to learn about your child's interests and strengths.
- Allow them to take on challenges, to learn and to grow.
- Respect their expressions of individuality and their need for privacy.
- Support them in making their own decisions and discussing the results with them.
- Encourage them to try new things in order to gain skills and confidence and experience success.
- Help youth understand what healthy relationships are.
- Support your child's ability to make choices and take part in activities that may be different from those their friends choose.



Positive opportunities in a community can help youth discover their potential and see their sense of self-worth increase as they realize that they can have an impact.

- Seek out and support organized events in the community that you and your child can participate in.
- Help your child build healthy friendships beyond the school environment.
- Teach your child to give back to others in the community through volunteer experiences.
- Being a role model by having a positive influence in the community yourself.

## Seeking Help

It's okay to seek professional support. Sometimes children and youth may need a little extra support to help them perform their best. Seeking professional support does not mean that you are an incompetent parent or that your child is crazy. Early intervention is often the key to success and can assist in addressing issues before the problem gets worse.

