

- Underage Drinking
- Marijuana Use
- Abuse of Prescription & OTC Medications
- Influence of Media and Pop Culture
- Effects of Specific Drugs
- Identifying Risk & Protective Factors
- Strengthening Parenting & Communication Skills
- Utilizing Teachable Moments

The following topics are covered in the presentation:

The Child Break presentation was established as a result of research done by PDFNJ which demonstrated that children who have regular communication with parents about daily activities are 67 percent less likely to be involved in substance abuse than children who have little or no communication. Additionally, the American Academy of Pediatrics has recently promoted guidelines encouraging parents to talk to their children about this issue as early as age 9.

The presentation is available in Spanish.

School staff who attend receive professional development hours.

A parent educator will come to your school, faith-based organization, senior citizen group or other community organization to make the presentation.

Our 15 Minute Child Break presentation is a one-hour multimedia program that informs, encourages and empowers parents, grandparents, educators, coaches and other adult caregivers about how to communicate effectively with children about the misuse and abuse of alcohol and other drugs. The presentation includes up-to-date statistics on drug and alcohol use and public service announcements that cover various types of drugs used by children.

Parents who talk to their children about their activities an average of 15 minutes per day have children who are 67% less likely to try marijuana.



15 Minute Child Break
The Partnership for a Drug-Free New Jersey's DrugFreeNJ.org

Bring this **FREE** substance abuse prevention program to your school. Parents and staff can learn about:
 • vaping & e-cigarettes
 • marijuana use
 • opioids & prescription medication
 • underage drinking

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The 15 Minute Child Break

Home Parent Education