

keep talking

ACTIVITY
BOOK



A North
Dakota
Behavioral
Health
Initiative

PARENTS LEAD.ORG



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Recognizing the power of a parent to influence a child's life, parentslead.org provides tools, activities and resources to support parents in taking the lead to prevent underage drinking.

Parents Lead encourages parents to:

- Initiate and/or continue conversations with their children, especially about underage drinking.
- Role model positive and healthy behaviors.
- Monitor their children's whereabouts.
- Provide ongoing support and engagement.



Ongoing family conversations are an effective way to prevent underage drinking.
Cut apart the following conversation starters and put in a bowl, jar, or baggie. Use at dinnertime, in the car, anytime, anywhere!

START THE CONVERSATION

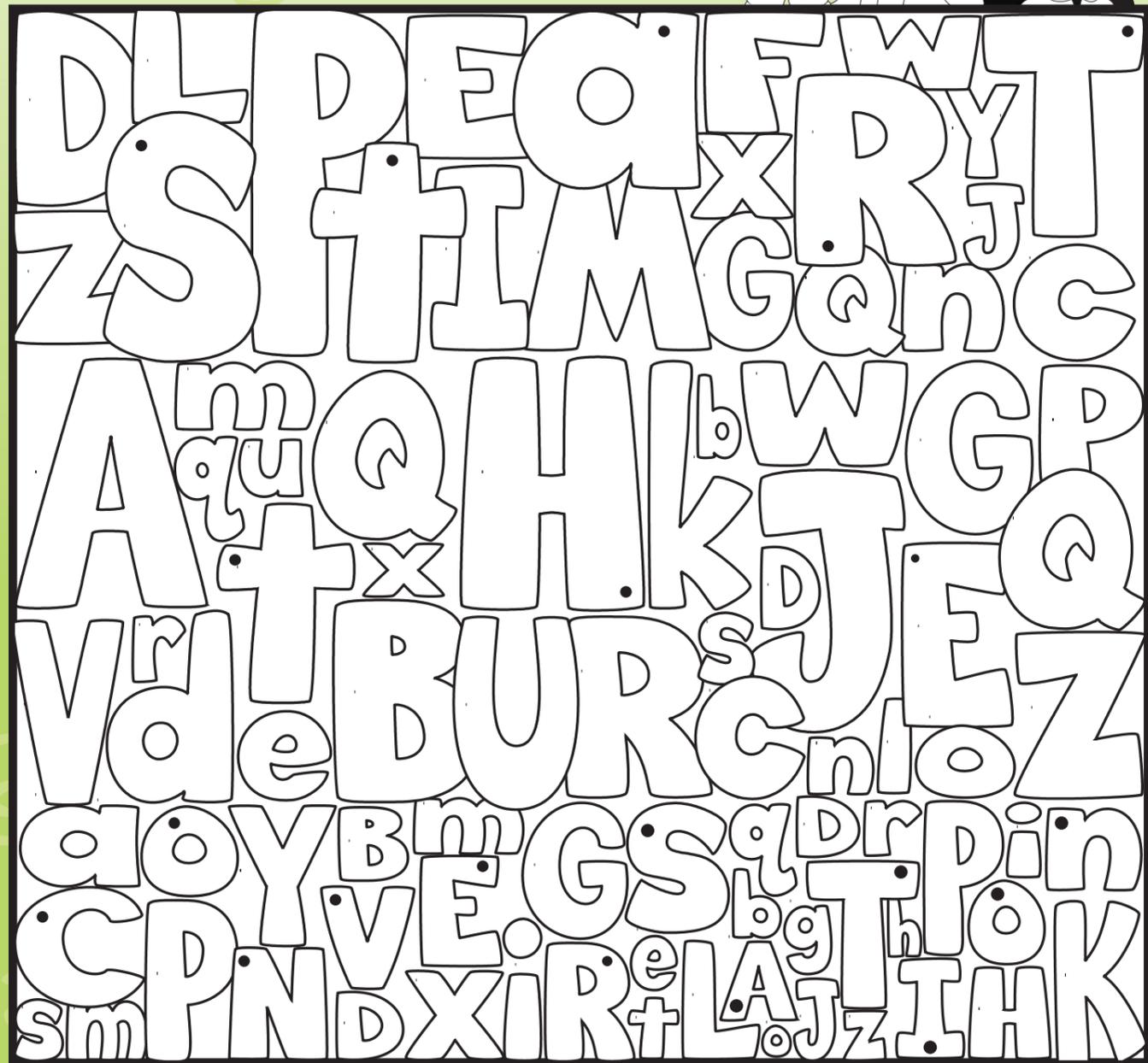
What superpower would you like to have?	What are you most proud of?	If you had \$1,000 to help others, how would you use it?	What 3 words best describe you?
Describe your perfect day.	Who do you look up to or want to be like? Why?	What is your favorite time of day? Why?	What is the best present you've ever received?
What is your favorite family tradition?	What do you like to do for fun?	What is the best thing about being ___ years old?	If you could ask the President one question, what would you ask?
If you could go back in time, what would you do/see?	What is the best way to spend a rainy day?	If you could be on any television show, what would it be?	What makes a good friend?
What is one thing you couldn't live without?	If you could be any animal, what would you be?	What is the greatest invention of all time?	What was the nicest thing you did for someone today?
What is the best compliment you've ever received?	If you could be any animal, what would you be?	What is the most courageous thing you've ever done?	Which of your 5 senses would you give up?
If you had 3 wishes, what would they be?	Where do you see yourself in 5 years?	Which person in your family are you most like?	If you could live anywhere in the world, where would it be?
If you won the lottery, what would you do?	What is your favorite food?	What is your favorite holiday? Why?	Who is/was your favorite teacher and what made him/her special?

Adapted from Parents Empowered, "Conversation Jar" http://parentsempowered.org/files/resources/conversation_jar.pdf

Have your parents talked with you about how to stay healthy?



Color the letters that have a dot to read a message.



Get the picture

Goldie is finally cleaning her bowl. Help her find all the items that are messing up her fish bowl.



Answers on page 15

Alcohol can cloud your vision, mind and memory. It will mess up your body, the way you think, and even your personality. **Say YES to a healthy body and mind and NO to alcohol.**

Crack the Code



- | | | |
|-----|-----|-----|
| = A | = K | = S |
| = B | = L | = T |
| = C | = N | = U |
| = D | = O | = V |
| = E | = P | = Y |
| = H | = R | |



Spot the Difference

Can you find all 7 differences?

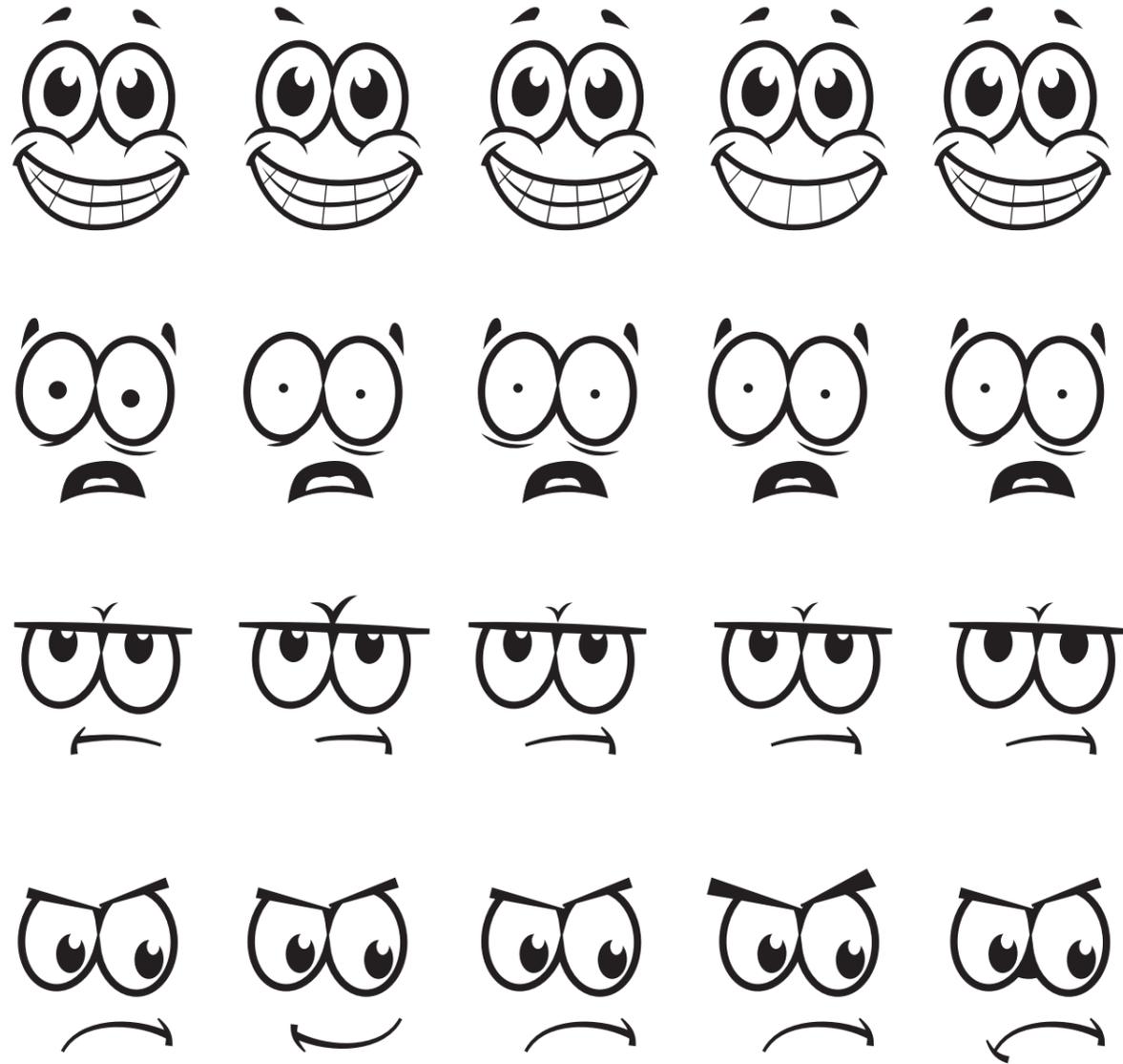


Answers on page 15

It's okay to be different. How boring would it be if we were all the same! Tell your parents 3 things that make you different from your siblings or your friends. Ask them what they think makes you special.

Find the Pair

Circle the two that are the same in each row

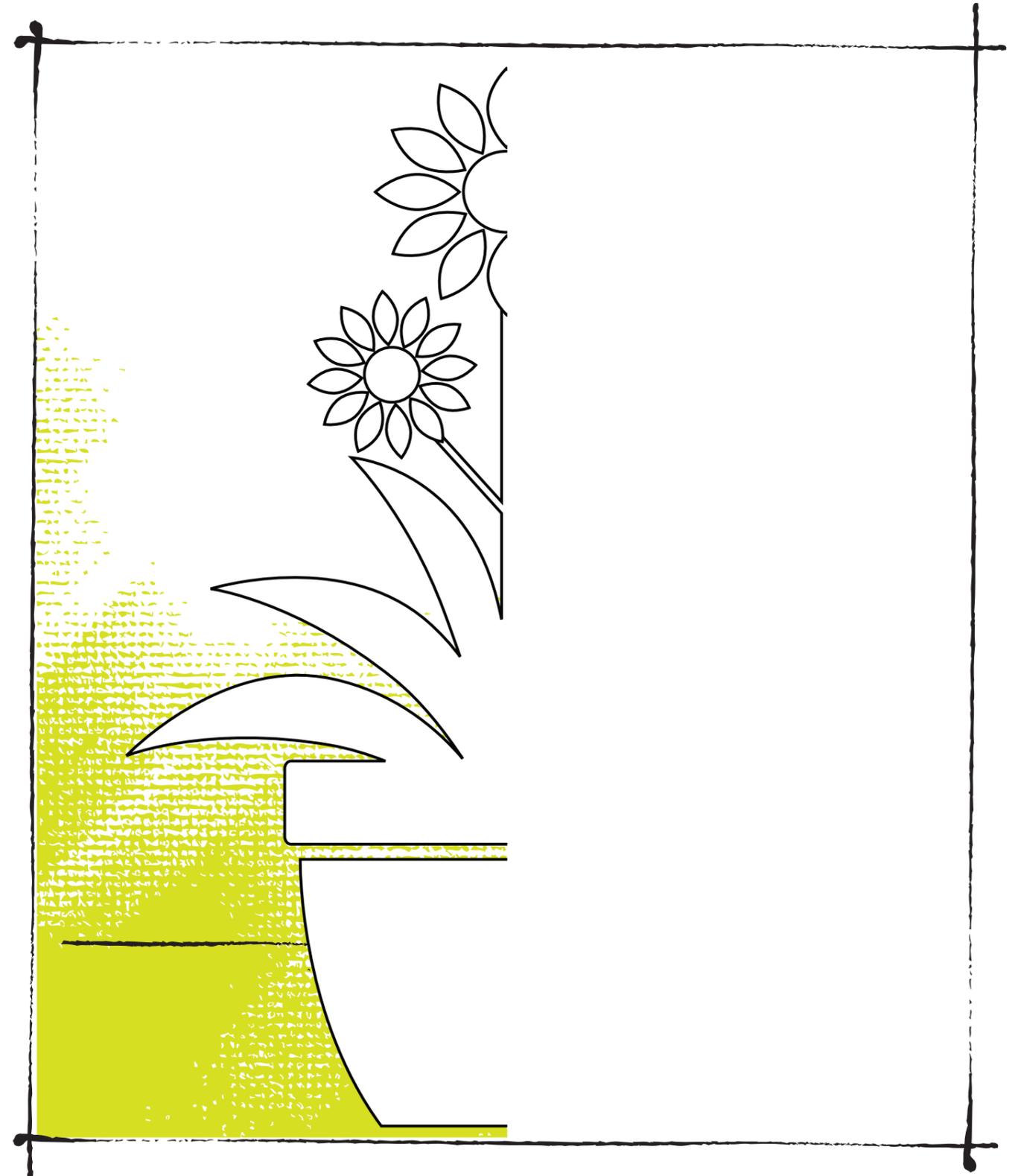


Answers on page 15

There are no good or bad emotions, but there are good and bad ways of expressing or acting on emotions. Play "Make a Face" with your mom or dad and try to have them guess the feeling by looking at your face.

Finish the Drawing

Sunlight, healthy soil, clean air, and water all work together to help a seed grow into a strong, healthy plant. What do you need to grow up to be a healthy adult?



How do you like to spend your time?

Start in the center. Find number 1 first and visit each number around the clock in order (1,2,3, etc.) without passing through any higher number. Touch each number before you move onto the next. It's okay to go backwards!



Are you a **POSITIVE** role model?

Draw a picture of you being a positive role model to your siblings, classmates or teammates.



For the parents: Talk with your child about ways to stand up to peer pressure.

Parent Tips to Prevent Underage Drinking

It can be as simple as having short, ongoing conversations along with these other tips:

Make sure your child knows that you disapprove of underage drinking. Promote healthy choices.

Be a good example. You are the #1 influence in your child's life. Role model healthy behaviors and attitudes.

Be a part of your child's life. Regularly discuss your child's interests and take time to learn about him/her.

Get to know your child's friends and their friends' parents. Help them problem-solve and offer encouragement.

Spend time together. Be fully engaged with and responsive to your child; see the world from their perspective.

Help your child find ways to have fun without alcohol.

Encourage your child to get involved in school or extracurricular activities. Keeping your child engaged in healthy and positive activities decreases the likelihood of them participating in risky behaviors.

Know where your child is and what they are doing. Monitor your child's activity, especially during high risk times such as after school.

Set clear rules and enforce them fairly. Encourage your child's growing independence, but set appropriate limits and follow through with consequences when rules are broken.

Practice refusal skills. Help them practice how to say no even if they might not be currently experiencing peer pressure.

ANSWER KEY

Get the Picture

Page 5



Crack the Code

Page 6

Have your parents talked to you about alcohol?

Spot the Difference

Page 7



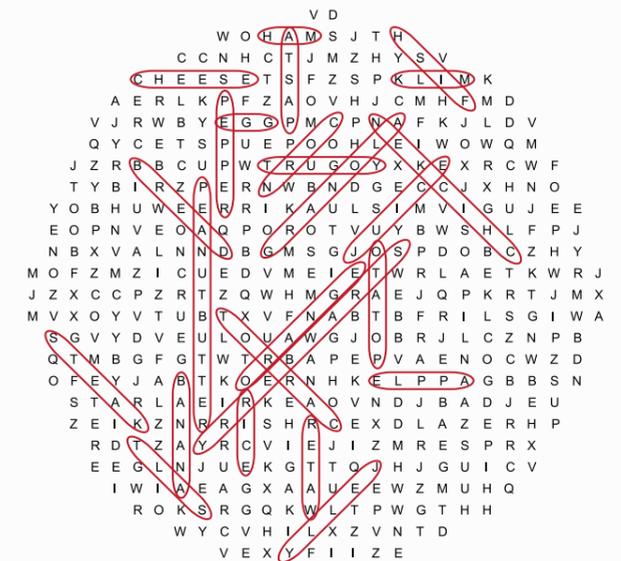
Find the Pair

Page 8

First and Fifth
Fourth and Fifth
Third and Fourth
First and Third

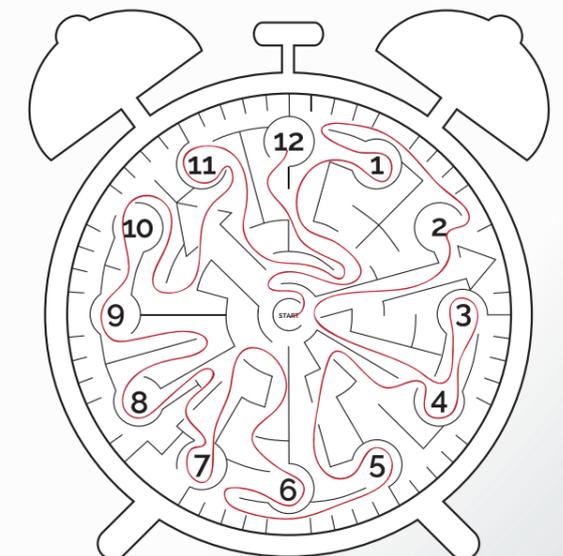
What's for Dinner?

Page 11



How do you like to spend your time?

Page 12



30-Day Parent Challenge

<input type="checkbox"/> 1 Ask: "What is one thing we can do together this month?"	<input type="checkbox"/> 2 Go the whole day without raising your voice.	<input type="checkbox"/> 3 Hug your child 3 times today.	<input type="checkbox"/> 4 Ask: "How was your day?" and tell him/her about yours.	<input type="checkbox"/> 5 Praise your child today.	<input type="checkbox"/> 6 Cook your child's favorite food together.	<input type="checkbox"/> 7 Be prepared: make or review your family's safety plan.
<input type="checkbox"/> 8 Today, turn off phone, computer, or TV wherever you are with your child even if for an hour.	<input type="checkbox"/> 9 Share with your child your favorite activity when you were their age.	<input type="checkbox"/> 10 Focus on health: go for a walk today.	<input type="checkbox"/> 11 Share with your child what you appreciate about them.	<input type="checkbox"/> 12 Discuss with a good friend one of your parenting struggles and find a solution.	<input type="checkbox"/> 13 Kiss your child while they are sleeping.	<input type="checkbox"/> 14 Do a household chore with your child and make it fun!
<input type="checkbox"/> 15 Practice your family safety plan. Conduct a fire or tornado drill.	<input type="checkbox"/> 16 Picture what you want your child to be like at age 25. Parent with that in mind.	<input type="checkbox"/> 17 Laugh with your child today.	<input type="checkbox"/> 18 Craft or complete an art project with your child.	<input type="checkbox"/> 19 Teach your child one thing he/she can do on their own today.	<input type="checkbox"/> 20 Practice patience with your child today.	<input type="checkbox"/> 21 Gather around the dinner table for a family meal.
<input type="checkbox"/> 22 How do you want your child to remember you? Be that parent today.	<input type="checkbox"/> 23 Forgive yourself when you make a mistake.	<input type="checkbox"/> 24 Listen (with eye contact) to your child when he/she is talking.	<input type="checkbox"/> 25 Ask your child's opinion sometime today.	<input type="checkbox"/> 26 Reward your child for his/her positive behavior.	<input type="checkbox"/> 27 Get a good night's sleep.	<input type="checkbox"/> 28 Teach your child a new word and see who can use it the most today.
<input type="checkbox"/> 29 Help your child with his/her homework.	<input type="checkbox"/> 30 Focus on health: eat healthy today.					

For ideas on how to continue the conversation, visit www.parentslead.org

Author: Unknown

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