

# One Degree Adult-to-Youth Toolkit

## Website links to use on your website

[ShiftTheInfluence.org](http://ShiftTheInfluence.org)

### **CONTRACT FOR LIFE**

</s/Adolescent-Contract-for-Life.pdf>

This tool is designed to prompt communication between young people and a trusted adult about the dangerous decisions associated with alcohol, drugs, peer pressure and behavior. This contract can be used as a tool to help young people make healthier decisions about alcohol and other drug use.

### **ABSTINENCE CHALLENGE**

<http://www.sbirtcolorado.org/s/Adolescent-Abstinence-Challenge.pdf>

Use this tool to help a young person make healthier, safer decisions about alcohol and other drug use.

### **IDENTIFYING EARLY WARNING SIGNS: ADDRESSING YOUTH SUBSTANCE USE**

</s/Youth-Substance-Use-Early-Warning-Signs.pdf>

Adolescents are vulnerable to substance use. Become aware of the early warning signs.

### **RESPONSIBILITY GROWS HERE**

<h/s/CDPHE-Marijuana-Laws-in-CO.pdf>

Learn about marijuana laws and educate yourself.

### **SELF-SCREENING TOOLS**

<http://screeningtools.peerassistanceservices.org/>

Determine how substance use could be affecting the health of you or those you care about.

### **TWELVE TALKS TO HAVE WITH TEENS**

<https://www.twelvetalks.com/>

Learn how to communicate with your teenager and connect them with resources to help them thrive.