

PARENTS ARE PREVENTION

You are #1! Parents! You are your child's number one influence when it comes to preventing drug and alcohol use and encouraging a healthy lifestyle for your teen. Your actions along with communication about healthy choices both send a strong message to your child.

Visit ilhpp.org/parents-committed/ for more parent resources and information.

TALK. THEY HEAR YOU!

Communication is key! They may not seem like they are listening but they are: 44%* of Illinois teens say their parents have not talked to them or they do not remember having a conversation about not using alcohol. Don't assume your child already knows how you feel about these important topics. Talking to them and making your position clear can make a significant difference when it comes to encouraging healthy behaviors. Now is your time to continue talking and making a difference in your teen's life.



TIPS for having successful conversations:

- Short, frequent conversations are better than long lectures
- Start early in life and talk often
- Be involved and know where your child goes and who they spend time with. Know your child's friends and their parents!
- Set clear family rules and expectations about your child's behaviors
- Listen and respond to your child's questions and concerns
- Practice – use an online simulator to practice what a conversation might look like at <http://www.samhsa.gov/underage-drinking/mobile-application>
- Get more tips & resources at www.ilhpp.org

*based on 2016 Illinois Youth Survey, 8th-12th grade

HUMAN PERFORMANCE PROJECT

The Human Performance Project is a nationally recognized program founded by 30 year human performance researcher and Olympic trainer, John Underwood. The program's message of healthy choices and positive leadership empower students to hold one another accountable to the best decisions that lead to optimal performance. For more information, visit ilhpp.org or email: info@ilhpp.org.



A PARENT'S INFLUENCE MATTERS



— Illinois —

“It is not what you do for your children, but what you have taught them to do for themselves that will make them successful human beings.”

-Ann Landers



HUMAN PERFORMANCE PROJECT

SLEEP

Sleep is training too! The brain and central nervous system play the most significant role in optimal physical performance. For students to function at an optimal level they need to be well rested! Sleep also affects muscle gain. The majority of muscle repair and growth occurs during sleep when hormones are released.

How much do you need? 8-10 hours of sleep per night is necessary to repair muscles and keep brain signals in your body moving fast. Just 2 days of sleep restriction can lead to a 3x increase in lapses of attention and reactivity. A decrease of 1.5 hours of normal sleep time can result in 30% drop in alertness!

TIPS:

- No electronics (phone, TV, computer) 90 minutes before bedtime
- Have a routine! Go to sleep & wake up at the same times every day
- Avoid sugar and caffeine after dinner
- Don't use drugs or alcohol



STRESS

We all have it! Whether it be relational, education related, or physical; stress decreases the body's ability to recover. For every 2 hours of time a student spends awake and stressed, it takes 1 hour of sleep to recover. This means that if a student is awake and under stress 16 hours a day, at least 8 hours of sleep are required for the central nervous system to recover from the overload.

TIPS:

- Get enough sleep
- Eat healthy
- Be organized, make schedules, and keep to-do lists
- Take time for yourself
- Reduce screen time including phone, TV, computer, & iPad



NUTRITION & HYDRATION

You get what you put in. Your body cannot run on empty and cannot thrive on junk food. Active students' bodies require greater energy sources than those less active. It has also been found that some food groups assist with being well rested. Bananas, yogurt, milk, rice, grapefruit, kiwis, oats, turkey, cherries, walnuts, and almonds are all known as sleep inducers. Also, cold liquid (37°) rehydrates you faster— it passes through the stomach faster therefore is sent to the intestines more quickly for absorption.

TIPS:

- Drink water throughout the day
- Choose lean meats, fish, and poultry
- Choose colorful fruits & vegetables
- Include calcium in your diet with low-fat or non-fat dairy products
- Eat complex carbs like oats, rice, and cereals
- During competition, sip a 50/50 mix of sports drink & water



DRUGS & ALCOHOL

Garbage in, garbage out. Social drug use has become the greatest threat to performance in recent decades. Marijuana and alcohol are preventing students from reaching their full potential in life. **The choices they make will reflect their future success.**

ALCOHOL:

- Athletes lose between 15% and 30% from their overall performance when they drink alcohol
- One night of binge drinking (3 or more drinks in one sitting) can erase up to two weeks of training
- Alcohol also makes you more susceptible to illness and can double your chances of getting injured

MARIJUANA:

- Has a substantial effect on students' ability to achieve sufficient sleep needed for brain and muscle regeneration
- Slows down your reaction time
- Reduces motivation
- Can be addictive and lower IQ

SUPPORT YOUR TEEN!

Parents, you are a critical part of your teen's life and the choices they make. Support them in making healthy choices:

- Model healthy behaviors
- Purchase healthy foods
- Communicate regularly with your teen
- Encourage early bed times for adequate amount of sleep
- Talk to your teen about any behavior of concern
- Limit screen time
- Know who your teens are hanging out with and wait up for them to come home at night