

# Catoosa Prevention Initiative's Online Parenting System

Bringing two outstanding programs together to meet our community's needs.

Featuring "SMART MOVES/SMART CHOICES" and "PARENTING WISELY"

## Background

Parents impact their children. You are one of the most influential people in your child's life, and you have the power to make a difference. Parenting is the most important job you will ever have and can be the most rewarding experience of life! But there are times when EVERY parent could use some help (yes, EVERY parent)! According to research, a strong bond between a parent and child can also impact a youth's choice to participate in prescription drug abuse/misuse, alcohol consumption, and other risky behaviors (cite). Any situation can be overcome, but addiction to harmful substances is one of the most ravaging, deep-rooted, and complicated problems to face – sometimes even causing death. We applaud you for taking this parenting class and, in turn, doing all you can to help your child prevent and avoid prescription drug abuse and misuse.

## Course Summary

The Catoosa Prevention Initiative's Online Parenting System consist of three training components: Smart Moves Smart Choices, Prescription Drug Safe Storage and Disposal and Parenting Wisely. The online parenting system is designed to guide the student from beginning to end. As you complete each portion or section you will be asked to complete a form or survey. When you complete the form or survey you will automatically be linked/directed to the next portion of the training.

## Catoosa Prevention Initiative's Online Parenting System Course Outline:

- Introduction video on the website home page
  
- Pre-training survey
  
- Smart Moves Smart Choices Videos
  - Teen Prescription Drug Abuse
  - What is Addiction
  - Why Teens Abuse
  - What Parents Can Do
  - Post Survey
  
- Prescription Drug Safe Storage and Disposal
  - Key Messages
    - You have prescription drugs, what you can do
    - How do you dispose of medicines properly
    - Drop Off Unused or Expired Medicines
    - Medicine Safe (Coupon Code)
    - Drop Off Locations
    - What to Drop Off/What Not to Drop Off
- Survey
  
- Enter into a Quarterly Drawing for a Walmart Gift Card
  
- Parenting Wisely
  - Course Topics
    - Helping Children to do Housework
    - Helping Children Do Better in School
    - Curfew

- Stepparenting
  - School, Homework and Friends
  - Loud Music, Chores Incomplete
  - Sharing the Computer
  - Sibling Conflict
  - Getting up on Time
  - Finding Drugs
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- Parenting Wisely Certificate of Completion is issued to the student
  - Course Feedback Survey
  - Catoosa Prevention Initiative's Online Parenting System Certificate of Completion will be emailed to the Student