



SAPC

Grand Forks
Substance Abuse
Prevention Coalition



May 2026

POSITIVE INFLUENCE

News From The Grand Forks Substance Abuse Coalition



Reducing Your Child's Risk For Substance Use

Have ongoing conversations with your child. Discuss the dangers of drinking alcohol. 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. Act as a role model for healthy behaviors and attitudes. 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 extra-curricular 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.

Make your home safe. Do not have alcohol easily available in your home and limit guests who abuse drugs and/or alcohol. Keep track of medicines (over-the-counter and prescription) and cleaning products.

Source: ParentsLead

Positive Partners

As the Drug-Free Communities program specialist for Grand Forks Public Schools, Travis Cimarolli is dedicated to



educating youth and the community on the dangers of substance use. Covering topics like vaping, alcohol, nicotine and other drugs, his work focuses on delivering up-to-date, relevant information that empowers people to make better decisions. While the fight against substance abuse isn't easy, it's a mission worth pursuing to create healthier, drug-free communities.

Upcoming Webinar - 5/21 at 5PM

Hooked in New Ways: What Parents Need to Know About Youth Nicotine Use

[Register here](#)

On-Demand Webinars

The Mind-Risk Connection: How Mental Health Can Influence Substance Use

Growing Minds and Modern Highs: THC, Hemp and Kratom

Talk Early, Talk Often: Prevent Underage Substance Use

Watch now at

www.operationparent.org/webinars