



Be Epic Presents: EveryDay Strong

**A RESILIENCE TRAINING FOR
PARENTS AND CARING ADULTS**

Presented by the Be Epic Team:

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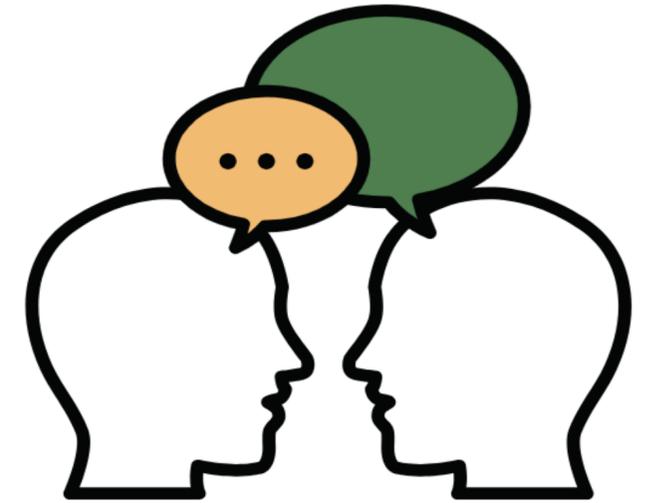


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PARTICIPATION GUIDELINES

Listen respectfully



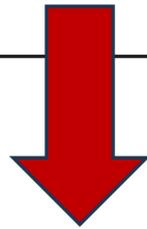
**Be aware of time when sharing and
stay on topic**



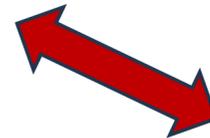
Be mindful of others' perspectives

Be Epic, Escape the Vape: a Multi-Component Youth Vaping Prevention Program

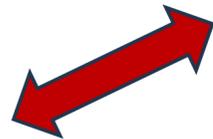
Goal: Prevent Youth E-cigarette use



Parent/Guardian



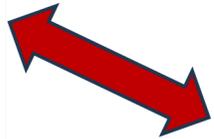
Social Media



Teachers

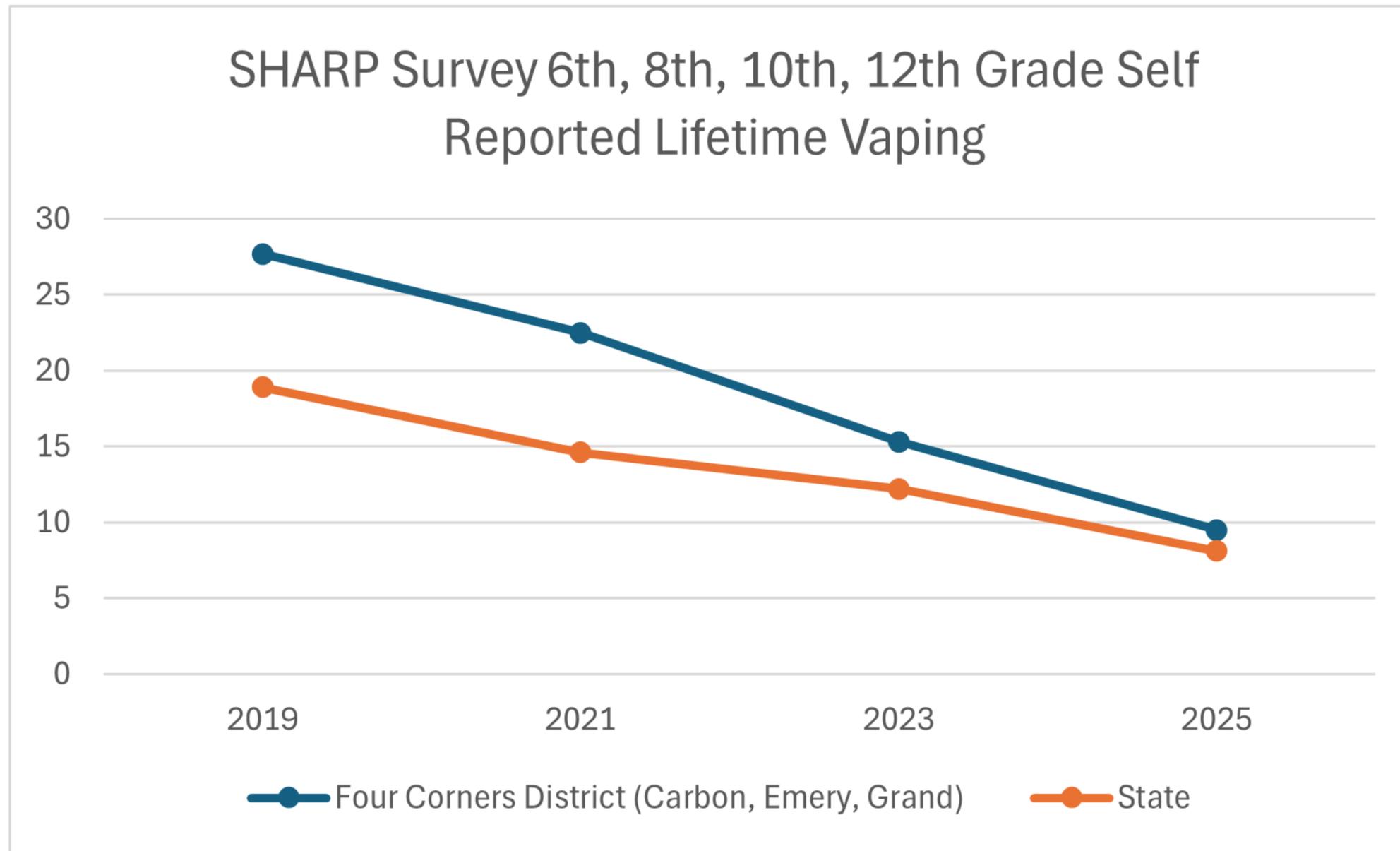


Community



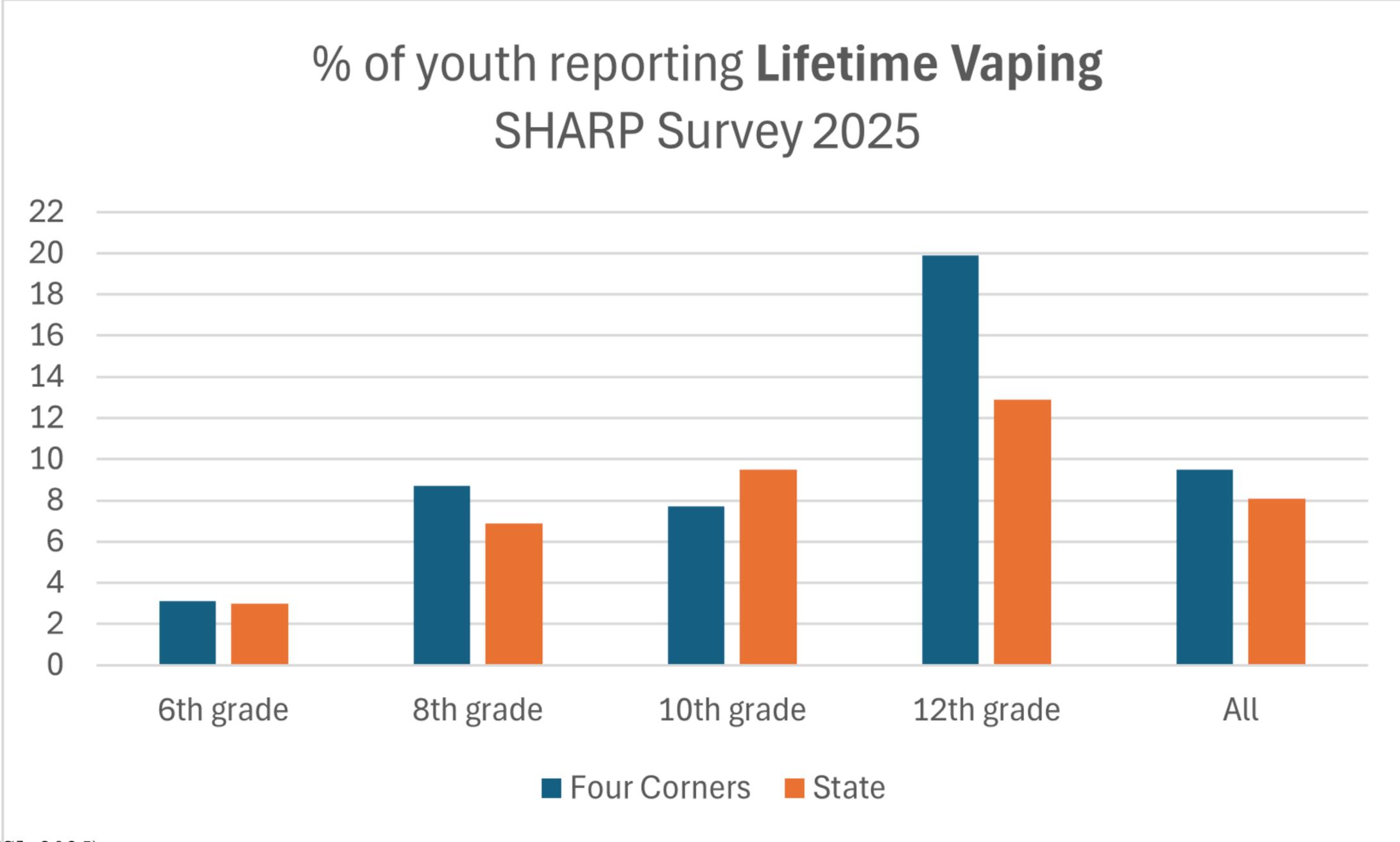
A comprehensive approach to youth health and wellness using interventions across multiple populations at different levels

Good News about Youth Vaping!



sumh.Utah.gov/data-reports/sharp-survey/survey-reports/

Four Corners District-How do our youth vaping rates compare to the rest of the state?

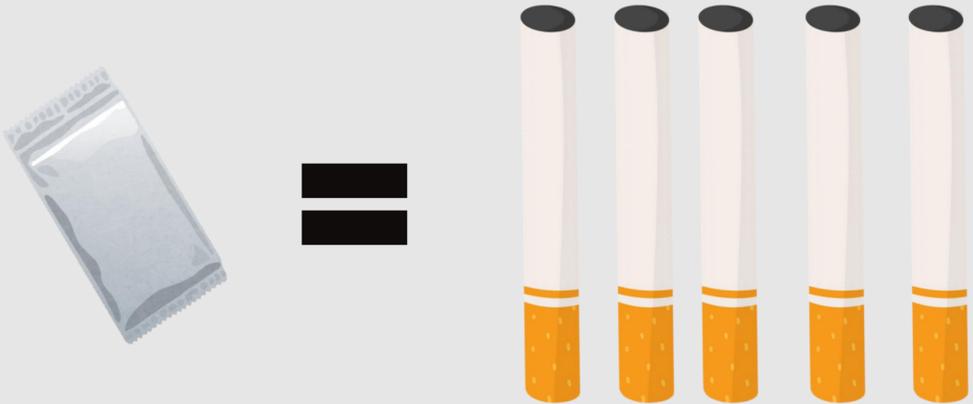


(Utah Department of Health and Human Services [DHHS], 2025)

Emerging Substances and How Youth are Targeted



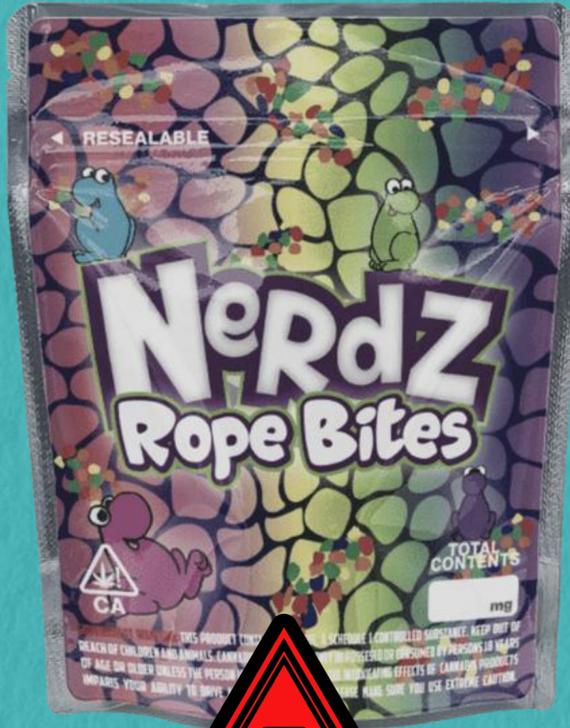
- Nicotine pouches contain **1.5 mg** to **16 mg** of nicotine per pouch
- That could equate to the nicotine content of 4-5 cigarettes



(Unger et al., 2024; Stanford REACH lab, 2026; image source, Unsplash)

Refusing Cannabis Marketing Tactics!


BE AWARE!



MISLEADING TACTICS USED BY THE CANNABIS INDUSTRY THAT MAY INFLUENCE YOUTH:



- "Cool" or attractive packaging and ads
- Variety of products
- Candy names and flavors
- Familiar snacks



Dabbing

Allows user to inhale a high concentration of THC (up to 99%)



70's and 80's Rolled Weed:
2-5% THC

2023 THC oil in "Dab" or "Wax" Pens:
15-99% pure THC



How does Marijuana and Nicotine Use Harm Adolescents?



- Risk of Dependence
- Decreased IQ
- Health concerns (e.g. sore gums, nausea, abdominal cramps, mental health concerns)
- Increased odds of other substance use
- Increased risk of school dropout
- Interferes with proper brain development
- Psychosis, paranoia, and schizophrenia

E-cigarettes and the Environment

49% of young e-cigarette users don't know what to do with used e-cigarettes

- Liquid nicotine cannot go down the drain, toilet, or other sewer drain
- Cartridges or pods, used or unused, cannot be thrown in the garbage



Reasons Youth Give for Vaping

First trying them:

- High School: "A friend uses them"

Middle School: "Curious about them"

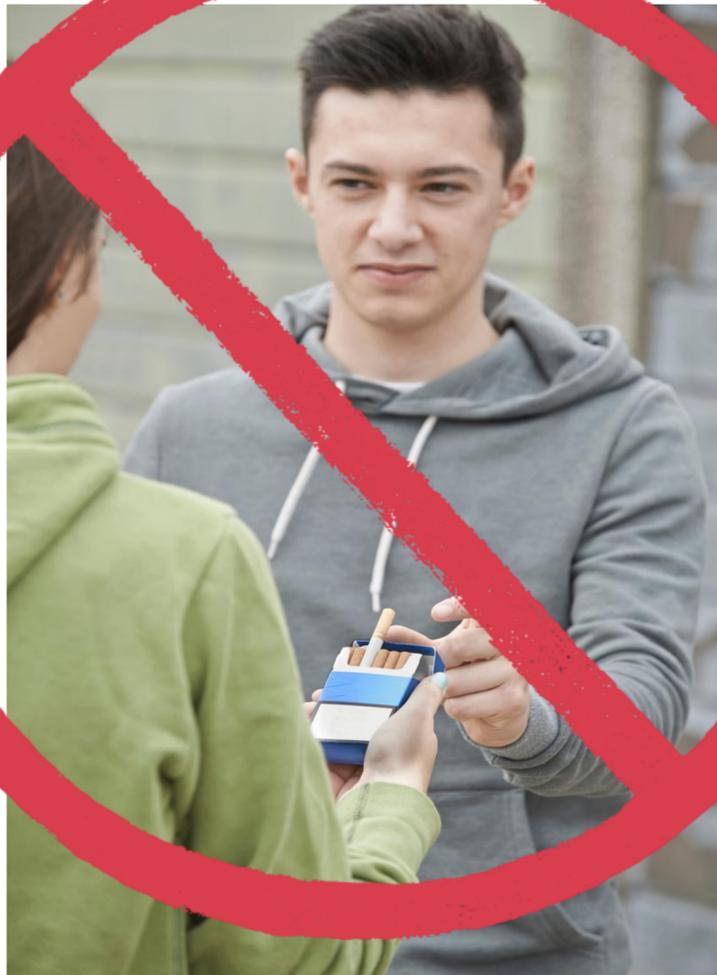
Current e-cigarette users:

- High School and Middle School: "I'm feeling anxious, stressed, or depressed"

Pressure to Vape or Use other Substances

Peer Pressure?

Begins around grade 6



- **Media awareness - Advertisements on social media, YouTube, etc.**
- **Sense a norm - it's what teenagers do**
- **Awareness of parents' behaviors, attitudes, values**

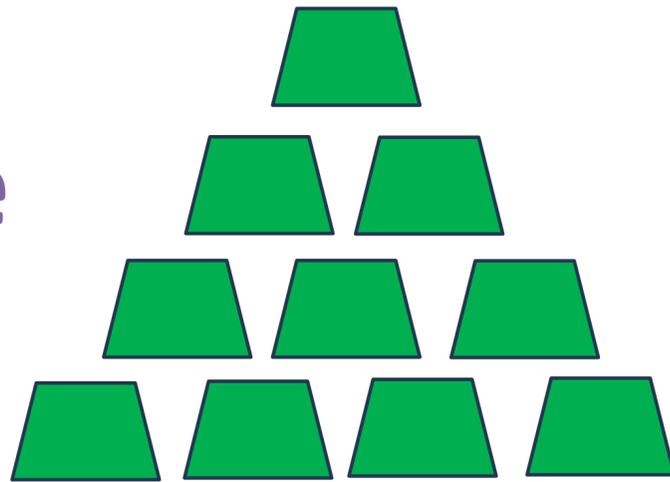
Parents, you can...

- **Talk** to kids/teens about what they are seeing in the **media**
- Remind them that most teens **don't** vape/use other substances
- Be clear about **expectations surrounding underage substance use**
 - especially important if the parent uses substances themselves

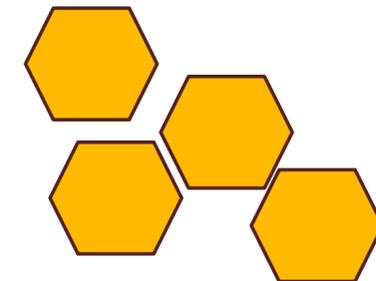


Why Teach Caregivers about Resilience?

Protective
Factors

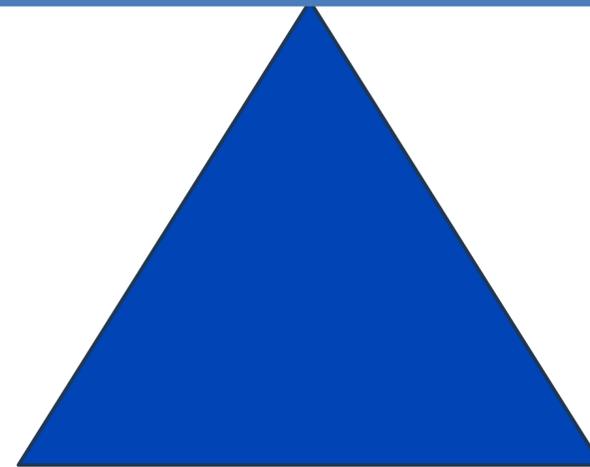


Risk
Factors



Protective Bonding to Family, School, Community, and Peers:

- **Opportunities** for young people to actively contribute
- **Skills** to be able to contribute
- **Consistent Recognition** of efforts



"We cannot always build the future for our youth, but we can build our youth for the future."

-Franklin D. Roosevelt

EVERYDAY STRONG



UNITED WAY
Utah County



THRIVE

CONFIDENCE

CONNECTION

SAFETY

PHYSICAL NEEDS

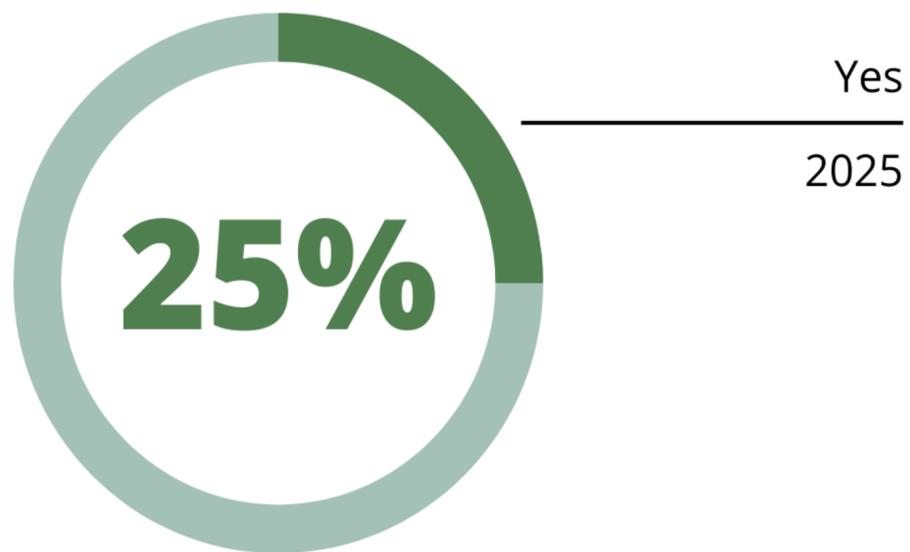
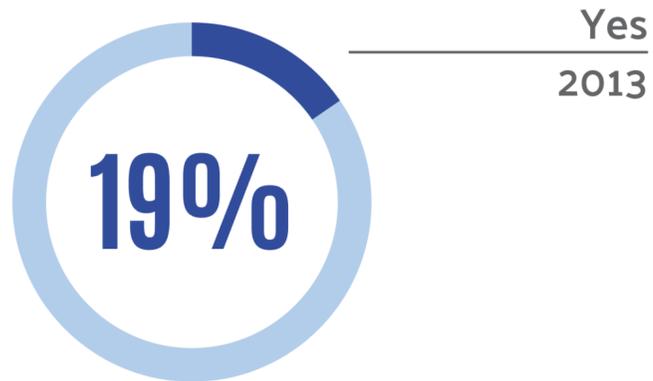


TODAY WE WILL LEARN:

- Why kids need adults' help to be resilient
- A simple, research-based framework that builds resilience
- How to apply this tool in everyday situations

HOW WOULD YOU DEFINE RESILIENCE?





UTAH YOUTH ARE STRUGGLING

Youth:

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?



YOUR RELATIONSHIP IS POWERFUL!

“When confronted with the fallout of childhood trauma, why do some children adapt and overcome, while others bear lifelong scars that flatten their potential?”

A growing body of evidence points to one common answer: Every child who winds up doing well has had at least one stable and committed relationship with a supportive adult.”

- Harvard Graduate School of Education,
March 2015

Human beings are
like plants to
nourish...

...not a project to
complete.



**WHAT DOES IT
MEAN TO
NOURISH A CHILD
OR TEENAGER?**





UNITED WAY
Utah County

THRIVE

CONFIDENCE

CONNECTION

SAFETY

PHYSICAL NEEDS



SAFETY

Who is someone that you feel really relaxed with?

What does that person do that makes you feel that way?



SAFETY

We create safety when we:

- listen more than we talk
- make room for teens to feel all their emotions (*from anger to disappointment to happiness*)
- normalize failure
- show appreciation for the things that make a teen feel different from everyone else
- reinforce that it's okay if teens make different decisions than us



CONNECTION

When was the last time you felt really connected to someone?

What was happening in that moment?

CONNECTION IS CREATED THROUGH PERSISTENCE.

- play together (*for teens, that might look like video games, watching TikTok, or cooking together*)
- ask questions that show we're interested
- laugh together
- express our feelings of love or appreciation
- apologize and repair mistakes





CONFIDENCE & COMPETENCE

How do you feel when someone tries to fix all your problems for you?

How do you feel when someone doesn't give you any instructions at all?



WE CREATE CONFIDENCE & COMPETENCE WHEN WE:

- remind teens of past successes
- express trust in teens' problem solving skills
- let teens practice life skills in safe environments (for example, in a part time job, club leadership, or with you by their side while they change a tire, file taxes, etc.)

**LET'S SEE HOW
THIS WORKS IN
REAL LIFE**



Nathan is a teen who recently announced his intention to drop out of school, in part because he doesn't see any path to graduation due to excessive school absences and failed classes. School administrators say he is often found with friends who skip class to smoke weed.

- **What usually happens to a kid like Nathan?**
- **What could happen if we tried to meet his needs?**



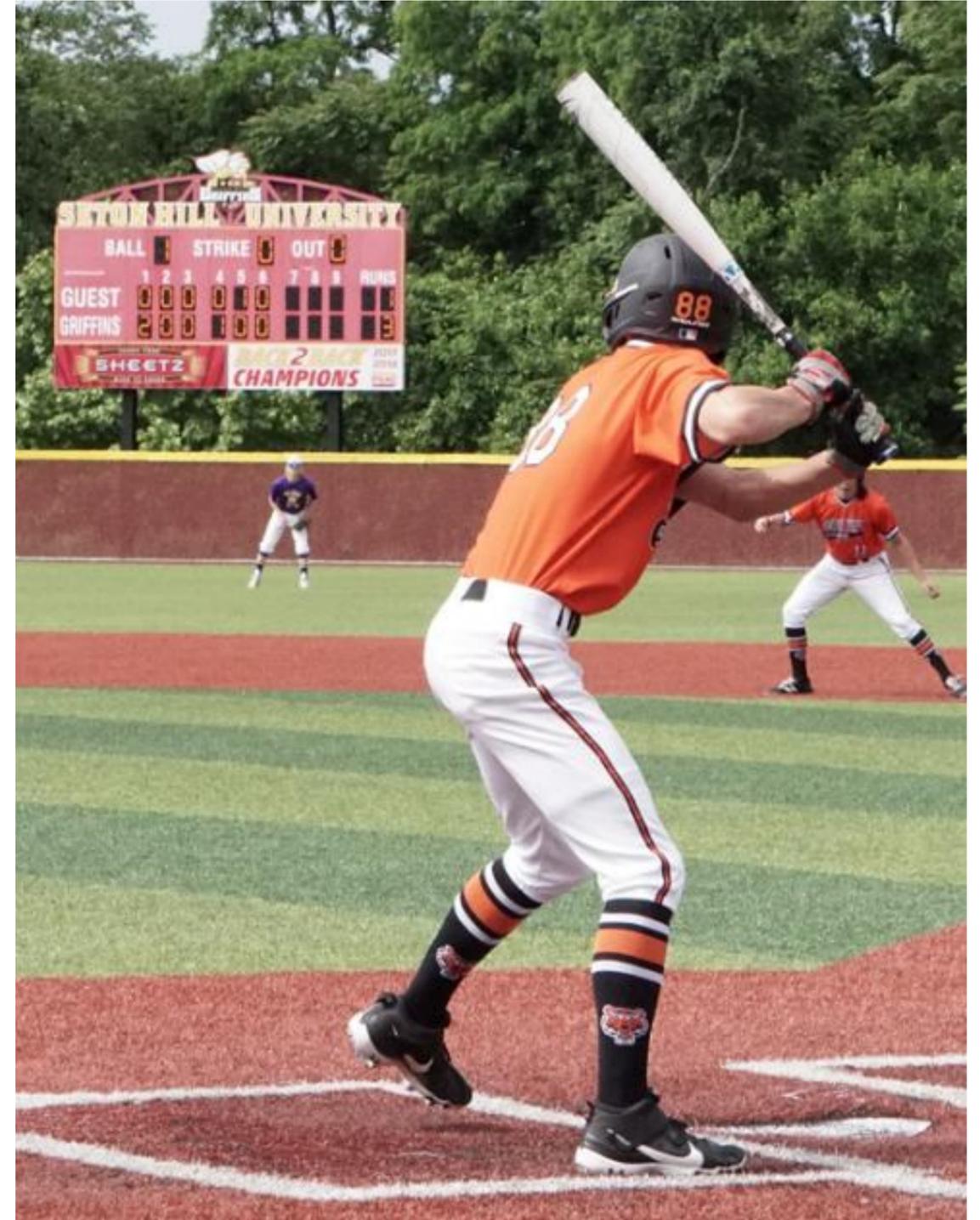
NATHAN



WHEN IS MOTIVATION NOT ENOUGH?

Was he motivated to hit the baseball?

Then why didn't he hit it?



MORE REAL LIFE EXAMPLES



Mae is a 4th grader who has shown low frustration tolerance and even some aggression repeatedly over the past several weeks. She threw a volleyball at a peer's face and a pen across the classroom at her teacher.

What usually happens to a little girl like Mae?

What could happen if we meet her needs?

MAE



MAE

- 1. Identify:** what is a need you could care for right now?
- 2. Brainstorm:** think of a few ways to meet that need
- 3. Move up:** which other needs could be met?



Julia is a 17 year old whose behavior is increasingly difficult for her parents to manage. She refuses to follow rules, is falling behind in her classes, won't get off her cell phone, and isn't attending church with the family. Her dress seems increasingly "inappropriate" and she has developed a vaping dependence. Family relationships are tense.

What usually happens to a teenager like Julia?

What could happen if we meet her needs?



JULIA

JULIA

1. **Identify:** what is a need you could care for right now?
2. **Brainstorm:** think of a few ways to meet that need
3. **Move up:** which other needs could be met?



Koby is an 18 year old who is somewhat estranged from his family though he does live at home. He tells you that he feels isolated, lacks meaning in his life and has been having suicidal thoughts. He adds that he is demoralized by a “porn addiction.”

What usually happens to a teenager like Koby?

What could happen if we met his needs?

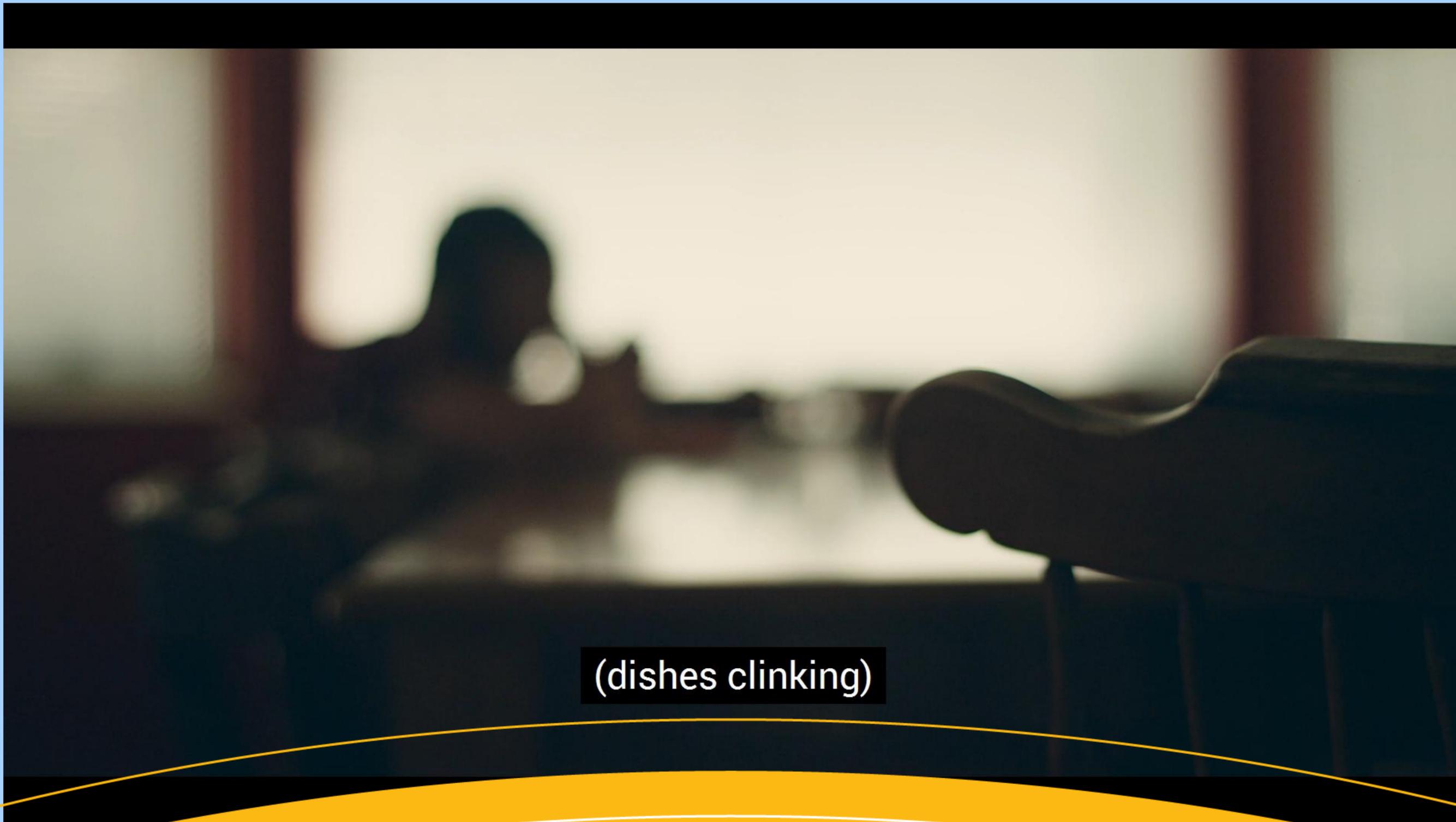


KOBY

KOBY

- 1. Identify:** what is a need you could care for right now?
- 2. Brainstorm:** think of a few ways to meet that need
- 3. Move up:** which other needs could be met?





(dishes clinking)

“I would love it if people would ask themselves every day, ‘What can I do to help others in my life feel safe, connected, and confident? When we meet their needs, we’re building resilient communities, families, and workplaces.’”



- Dr. Matt Swenson

Child Psychiatrist, Intermountain Healthcare
Co-Founder, EveryDay Strong



More to Explore-Family Relationships

Take a Free Course



- **Smart Steps for Stepfamilies**



- **Home Run Parents**
- **Parenting the Love and Logic Way**
- **Fatherhood Education**
- **Positive Discipline**



- **Couple Links**
- **Smart Dating**
- **Seven Principles for Making Marriage Work**



- **The Road to Happiness and Meaning**

[Extension.usu.edu/hru/](https://extension.usu.edu/hru/)

More to Explore-Talking to Youth about Substance Use

NEW 10 LESSON VIDEO COURSE

BECOMING A TRUSTED ADULT:

Foundations for More Effective Drug Education



10 short educational videos designed for educators, parents, coaches, counselors, and anyone who supports youth

- Recognize signs of substance use
- Use motivational interviewing
- Support teens in quitting or cutting back

Parting Challenge-Build Connection using a *Hidden Gem*



HIDDEN GEMS OF CARBON AND EMERY COUNTY
Extension UtahStateUniversity.

Discover new ways to explore
The Little Grand Canyon & Gordon Creek Falls

Free Guides!
Grow your relationships
&
Help prevent
substance
use!

1. **Out & About Family Adventure Guide**
 - with activities for all ages!
2. **Living Your Best Life Adventure Guide**
 - with activities for friends and individuals!
3. **Date Your Mate Adventure Guide**
 - with activities for couples!

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HIDDENGEMS.USU.EDU

BE EPIC
ESCAPE the VAPE

- Younger Kids-
Amazing Astronaut
- Older Kids-
Word Play
- Family Media Use-
Jungle Adventures



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Join the HEART Beat Newsletter!



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Advocacy. Research. Teaching.



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CONTACT US!

Be Epic, Escape the Vape Website

extension.usu.edu/be-epic/contact-us



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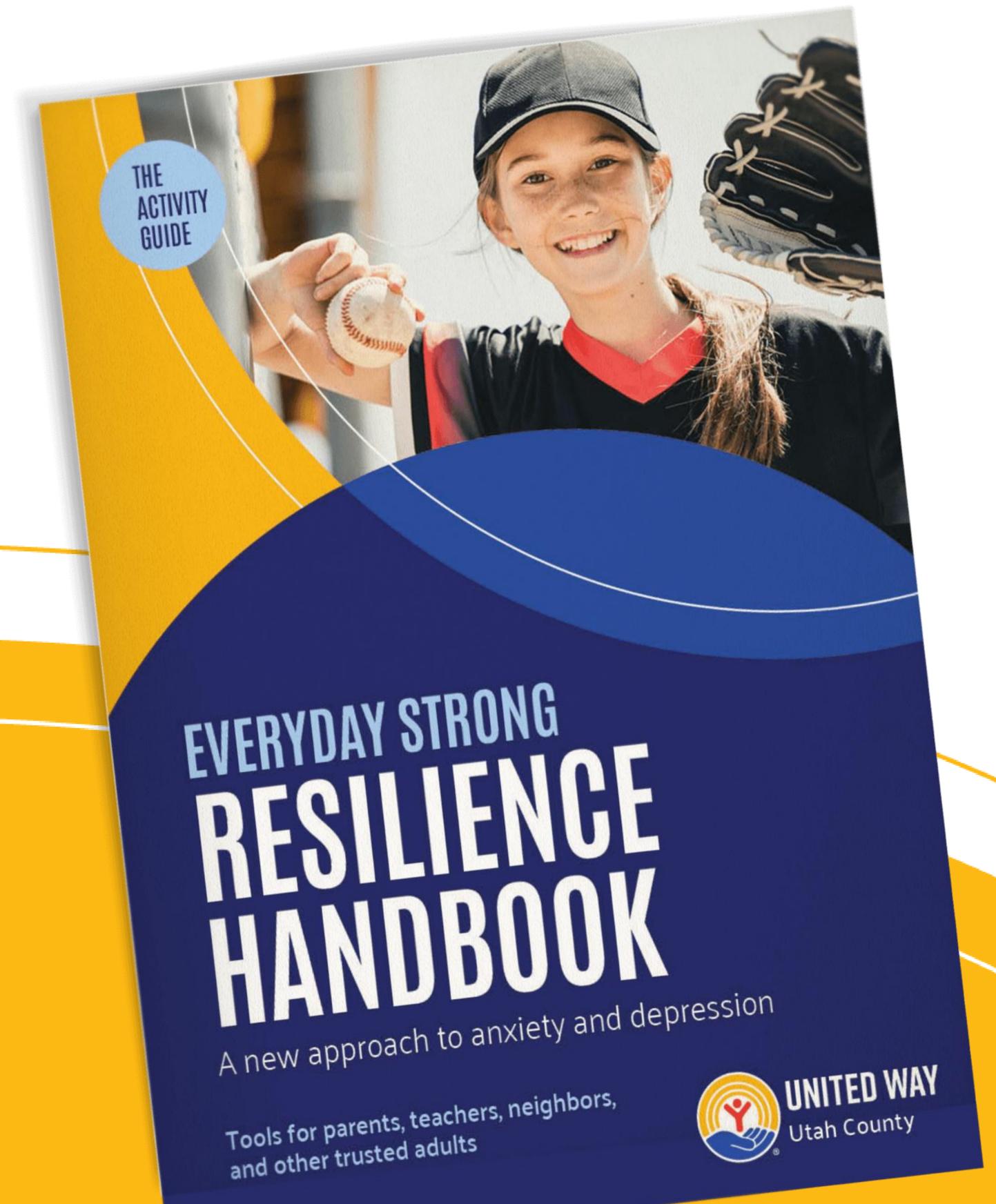
**HEALTH AND WELLNESS COORDINATOR
- GRAND COUNTY**

miyoshi.lee@usu.edu

EveryDayStrong.org

Get help with questions like:

- How do I get my child to talk to me?
- Will my young adult ever move out?
- Are screens ruining my child's mental health?
- Why won't my kid go to school?



 @everydaystronguw

 @everydaystrong

If you have loved this presentation and want to share it with others in your community, we would be happy to bring it to you!

And/or if you want to be added to our email list to receive more tips from our panel of experts...

Scan this QR code and we will get back to you about setting up a class or to sign up for our email list.



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