

# 10 THINGS YOU CAN DO TO KEEP YOUR CHILD DRUG FREE



**Being involved and talking with your child about drug abuse is the best approach to help them make the right choices.**

## 2 Build Character

Help your child to cultivate a wide variety of interests. Support their curricular and extracurricular endeavors. Provide opportunities to build self-esteem.

## 3 Watch for Signals

Be on alert for out of character behavior. Unusual smells and new, unfamiliar objects are also warning signs.

## 4 Answer Questions

Address questions immediately. Don't react with anger or threats. Tell the truth about your experiences.



## 5 Look for Opportunities to Talk About Drugs

Use current events to bring up the topic of drugs. Find stories that lead naturally to the subject. Utilize popular culture (movies, TV) to your advantage.



**More than 25% of 9th through 12th graders have been offered, sold, or given an illicit drug on school property.**

## 6 Work with Your Community

Volunteer for drug prevention programs. Acquaint yourself with your child's friends and their families. Organize activities that are fun and drug free.

## 7 Practice Refusal Skills

Role-play situations that your child might come across. Emphasize the need to get away from drugs quickly. Establish your willingness to provide transportation.

## 8 Explain Legal Consequences

Identify the short-term consequences of jail, fines, or community service. Also note the long-term effects on schooling, finances, and jobs.

## 9 Describe Medical Effects

Emphasize that younger users experience more severe effects. Note how drugs affect the brain and the risk of death. Point out that using now can also affect them later in life.

**40% of high school students have used marijuana one or more times.**



## 10 Deal with Use Carefully

Respond without anger or judgment. Provide support and assist with finding recovery resources. Avoid isolating yourself and take advantage of support networks.

**Children who learn about drug abuse from their parents are 50% less likely to use drugs.**