

The Tip Sheet

Here are important tips, resources and information you can use to give your kids happy, healthy and safe futures, and help them avoid the dangers of drugs and alcohol.

COMMUNICATE

1. Clearly communicate the risks of alcohol and drug use
2. Let your child know you disapprove of any drinking or drug use.
 - a. Kids who believe their parents will be upset if they try drugs are 43 percent less likely to do so.
3. Use teachable moments to talk about drinking and using drugs.
4. Frequently talk and listen to your kids about how things are going in their lives.

MONITOR

1. Know *WHO* your child is with
2. Know *WHAT* they're doing
3. Know *WHERE* your child will be
4. Know *WHEN* your child is expected home
5. Know who your teen's friends are – communicate with their parents
6. Establish and enforce rules – including a clear “no use” policy

SPOT ALCOHOL AND DRUG USE

- ✓ Here are **five** changes to watch for...
 1. Declining school work and grades
 2. Abrupt changes in friends, groups or behavior
 3. Sleeping habits and abnormal health issues
 4. Deteriorating relationships with family
 5. Less openness and honesty
- ✓ Be aware of special vulnerabilities

WHAT TO DO WHEN YOU SPOT ALCOHOL AND DRUG USE

1. Focus, you can do this
 - ✓ Don't panic, but act right away
2. Start talking
 - ✓ Let your child know you are concerned
 - ✓ Communicate your disapproval
3. Set limits, rules and consequences
4. Monitor – look for evidence, make lists, keep track
5. Get outside/professional help – you don't have to do this alone

TAKE ACTION AND LEARN MORE

1. Talk to your kids about the dangers of drinking and using drugs
2. Monitor your kid's whereabouts
3. Connect with other parents
4. Learn more about preventing teen drinking and drug use– go to www.drugfree.org

IMPORTANT RESOURCES FROM THE PARTNERSHIP AT DRUGFREE.ORG

1. www.drugfree.org – Main Site
2. www.timetotalk.org – Learn *how to start a conversation* with your child
3. www.drugfree.org/timetoact – Learn *what to do if you suspect or know* your child is using
4. www.drugfree.org/teenbrain – Learn about *teen brain development* and how you can help your teen make smart, healthy decisions
5. www.drugfree.org/parent – The Parent Tool Kit offers videos & articles on how to talk with your kids at any age