



Because I Love You™

Parent and Youth Support Groups

A PARENT'S GUIDE TO: STRATEGIES FOR PREVENTION OF ADOLESCENT DRUG ABUSE

- *Be aware that nearly all children must make decisions about drug use and form attitudes about drugs in their formative years.
- *Become educated and informed about drugs and their effects. Be a credible source of information to your child.
- *Become aware of the "do drugs" message of today's society.
- *Be knowledgeable of and alert for signs of drug use.
- *Take a firm anti-drug stand. Make it clear that you will not allow your child to use drugs.
- *Back up the "no drug" rule with a clear and consistent set of behavioral rules and be willing to enforce them.
- *Take positive steps to strengthen family unity and communication.
- *Improve the quality and the quantity of the time spent with your child.
- *Establish communication with other parents, particularly the parents of your child's peer group. Work together for a communal set of standards and provide reinforcement and support for one another.
- *Work with other parents to develop meaningful alternatives to drug use. Utilize community and parent resources.
- *Encourage youngsters to participate in meaningful, thoughtful and unselfish activities and services within the community.
- *Encourage the community at large to adopt attitudes and policies that discourage the use of drugs among young people.
- *Work to develop a cooperative, working relationship with the organizations and agencies within the community that have an impact on youth and adolescent drug abuse (civic, school, church, judiciary, mental health, law enforcement, professional, etc.)

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*Be aware of programs and agencies working with drug abuse, and if it becomes necessary, seek help immediately.

*Have confidence in your ability to make a difference. In working together with other parents, you become many. In a time of powerful adolescent peer pressures, parents need peer pressure too.

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