

Parent's Guide - 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, providing 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.)

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.

