



# KNOWLEDGE IS THE KEY

## talk to your kids ABOUT DRUGS

*Parents are the #1 influence in their child's life. Children are less likely to use drugs if their parents talk with them about the dangers associated with drug use.*



- Talk to your kids at an early age and talk often. Risk taking behavior can start young. Take advantage of routine activities throughout the day (while watching TV or driving to activities) and use them as teachable moments.
- Base drug related conversations on facts. Explain what drugs are, their effects on the health and well-being of a person, and how they can steal away a person's future. Use reliable websites such as <http://teens.drugabuse.gov>
- Set a no drinking and drug policy with your kids. Make sure your child knows your rules on underage drinking and drug use by setting clear expectations.
- Remain active in your child's life. Spend time with them, help with homework, listen to their concerns. Know your child's friends and monitor their activities.
- Role play life situations so that your kids can know how to respond to different scenarios involving alcohol and other drugs. Brainstorm ideas and help kids work on healthy problem-solving skills.
- Set a good example. Kids listen to what we say, but watch what we do as well. They look to parents for guidance on coping strategies to manage the challenges of life.
- Keep your home safe for your children and teens. Store prescription medications and alcohol in a secure place.
- Network with other parents. Commit to supporting each other.

***Keep the dialogue going. This is not a one-time conversation!***