

Stay Connected

Ready or not soon it will be back to school time! As you prepare your kids for the transition, please be sure to add a conversation about drugs and alcohol to your school supply list. You needn't fear that by introducing the topic of drugs, you're "putting ideas" into your children's heads any more than talking about traffic safety might make them want to jump in front of a car. You're letting them know about potential dangers in their environment so that when they're confronted with them, they'll know what to do. Research consistently shows that kids who learn a lot about the risks of drugs from their parents are up to 50% less likely to use.



Two-thirds of fourth graders polled said that they wished their parents would talk **more** with them about drugs.

Helpful Resources

Books:

- *How to Raise a Drug-Free Kid: The Straight Dope for Parents*; by Joseph A. Califano, Jr.
- *Just Say Know: Talking with Kids about Drugs and Alcohol*; by Cynthia Kuhn, Scott Swartzwelder, and Wilkie Wilson

Internet:

www.getsmartaboutdrugs.com
www.timetotalk.org

Parenting tip:

Role Play with Your Children!

Help them rehearse key phrases to resist peer pressure:

"My parents would kill me if they found out, and they always find out!"

"My parents trust me not to do that, and I don't want to break that trust."

"Doing that would make me feel out of control, and I hate that."

"No, I'm not into that stuff."

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