

Are you a good role model for your kids? Are you sure?

Setting An Example

The things that you say and do have a huge influence on your children and other members of your family. It is important to be a good role model especially when it comes to alcohol, tobacco and other drugs. Think about what kind of example you set for your family.

Think About It...

If you answer “yes” to any of the following questions, you may want to make a change!

- Has your family ever seen you drunk?
- Do you always drink when celebrating something important?
- Do you take sleeping pills often?
- Do you think that it is funny to get drunk?
- Do you smoke cigarettes or marijuana?
- Do you ever drink and drive?
- Do you drink alcohol every day?



Where To Turn...

If you think that you or a family member needs help for a substance abuse or mental health problem you can call the following places for help:

- Kalamazoo Community Mental Health and Substance Abuse Services at 373-6000 (24 hours, 7 days per week)
- Community Healing Centers at 343-1651
- The Gryphon Place 2-1-1 helpline is available 24 hours a day for crisis intervention and referral information.

HELPFUL WEBSITES FOR PARENTS

drugfree.org
parenting.org
abovetheinfluence.com
theantidrug.com
parentingisprevention.org
drugfreeamerica.org

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