What Parents Need to Know

About Substance Abuse and your KID.

Guidelines for Parents

♦ Your teen is at risk for using and/or abusing substances.
♦ The top three abused substances by teens:
  Tobacco
  Marijuana
  Alcohol
♦ Parents can help through early education about drugs, open communication, good role modeling, and early recognition that problems are developing
♦ Take an active role in your child’s lifestyle!
♦ BE AWARE!!

For more information:
♦ www.surgeongeneral.gov/news/speeches/alcohol
♦ www.dea.gov
♦ www.panf.org
♦ http://store.health.org
♦ www.marijuana-info.org
Alcohol
Problem:
- Alcohol-related crashes are the leading cause of death for teenagers and young adults. It is also a contributing factor to suicides and drowning.
- Nearly one third (31.5%) report hazardous drinking (5+ drinks in one sitting) in the last 30 days.

What you can do:
- Talk to your teen about family expectations and rules about alcohol use. Clearly state rules and consequences about drinking.
- Talk to your teen about dealing with peer pressure. Teach them how to say “no” and suggest a different activity to their friends.
- Most importantly: Be a role model. If you drink, do so responsibly and never drink and drive.

Marijuana
- More popular with Seniors in high school than cigarettes.
- According to parenting teens website, “Among 12th graders, nearly 50 percent have tried marijuana at least once, and about 22% were current users.”

What you can do:
- Create a positive home environment. If your child perceives your home as a positive/welcoming place they are less likely to try to escape through drugs.
- Encourage your child’s positive interests. If they find something enjoyable in life they are less likely to turn to drugs.
- Monitor your kid’s friendships. Get to know your kids friends and if you suspect them of doing drugs discourage the relationship between your child and that friend.
- TALK to your kids about drugs. Begin discussing drugs with your child at an early age. Don’t lecture your child, simply discuss the negative aspects that come from drug abuse.