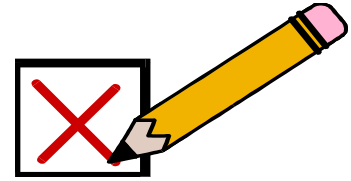


DRUG PREVENTION **REVIEW FOR PARENTS**



From time to time it is helpful to take a few moments to reflect and ask yourself the following questions regarding interactions with your children.



Do I think of my children as people who have a right to my respect? yes no

Do I try not to make them feel stupid, inadequate, or bad? yes no

Do I try not to humiliate them in front of others? Do I correct them privately, allowing them to maintain their dignity? yes no

Am I courteous to my child? yes no

Do I try not to yell too much, threaten, or nag? yes no

When I correct my children, do I try not to attack their character? Call them names? Lose my self-control? Hit them? Make sarcastic remarks? Ridicule them? yes no

Do I try not to jump to conclusions, expecting the worst? yes no

Do I have the appropriate reaction to all problems, whether they are major or minor?
 yes no

Do I say NO when I need to, especially regarding illegal or dangerous activities?
 yes no

Am I consistent? yes no

Do I say NO to movies, music, activities, or clothing that promotes alcohol, tobacco, or other drugs? yes no

Do I trust my child without trusting the environment he is in? yes no

Do I set a good example? Am I truthful with my children? yes no

Do I encourage my children to express their feelings and then help them to deal with their feelings? yes no

Do I set realistic standards for each child's age? yes no

Do I share my values with my children? yes no

Do I refrain from burdening my children with my own problems? yes no

Do I show my children I have confidence in them? yes no

Do I show my children that I am proud of their achievements? yes no

Do I try to be tolerant when they make mistakes? Do I let them be themselves?
 yes no

Do I join with other parents to encourage my community to be safe and drug free for my child? yes no

Do I really listen when my children speak? Am I interested in what they have to say?
 yes no

Do I praise them as much as I criticize? Do I praise them in front of others? yes no

Do I try to understand the feeling behind what they are saying? yes no

Do I let my children know they are important? Do I treat the things they make with respect? Do I show enthusiasm? yes no

Do I apologize when I am wrong? yes no

Do I let my family know where I am at all times? yes no

Do I know where my children are, what they are doing, who they are with, and when they will return home? yes no

Do I set limits on my children's behavior and enforce those limits consistently?
 yes no

Do I make sure I do not rescue my children from the consequences of their behavior?
 yes no

Do I show my children affection and tell them I love them? yes no



If you answered “no” to any of these questions, it may be time to examine your behaviors and seek additional information regarding how you might better understand your children and communicate with them. Strong communication between parents and children is an essential element of successful efforts to keep children safe and drug free.

Parenting and prevention tips are available from:

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