

# ***FAMILY STRATEGIES FOR THE PREVENTION OF DRUG ABUSE***

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- Understand that nearly all children are at risk to use alcohol, tobacco, and other drugs. Children form attitudes about drugs in their formative years.
- Be informed about drugs and their effects. Be a credible source of information to your child.
- Take a firm anti-drug stand. Make it clear that you will not allow your child to use drugs.
- Be aware of the “pro-drug” messages of today’s society. Counter misinformation with facts.
- Be knowledgeable and alert for signs of drug use.
- Back up the “no drug” rule with a clear, consistent set of behavioral rules. Be willing to enforce them. Don’t enable. Don’t rescue your child from the consequences of his actions.
- Take positive steps to strengthen family unity and communication.
- Improve the quality and the quantity of time spent with your child.
- Establish communication with other parents, particularly the parents of your child’s peer group. Work together for a communal set of standards and provide reinforcement and support for one another. Challenge those who promote drugs to children.
- Work with other parents to develop alternatives to drug use. Utilize community and parent resources.
- Encourage youngsters to participate in meaningful, thoughtful, unselfish activities and services within the community.
- Encourage the community at large to adopt attitudes and policies that discourage the use of alcohol, tobacco, and other drugs among young people.
- Work to develop a cooperative, working relationship with organizations and agencies within the community that have an impact on youth and adolescent drug use (civic groups, schools, churches, judiciary, mental health agencies, policy makers, law enforcement, professionals, businesses, and media)
- Be aware of programs and agencies working to treat drug addiction. If it becomes necessary, seek help immediately.
- Have confidence in your ability to make a difference!*** In a time of powerful adolescent peer pressure, families can benefit from positive “parent-to-parent” peer pressure to stop the use of alcohol, tobacco, and other drug use by young people.

~ National Federation of Parents for Drug Free Youth Educational Kit