

DRUGS AND ALCOHOL

Helping Children Make Good Decisions

Parenting children is a rewarding and challenging experience. One of those challenges is teaching your children how to make good decisions when it comes to drugs and alcohol.

YOU CAN HELP BY:

- Being a good role model. Consider whether your habits provide a good example.
- Educate yourself. Don't pretend to know everything. Become familiar with the types of drugs being used today, their risks and consequences.
- Use "teachable" moments to discuss the issue of drugs and alcohol with your children.
- Share your healthy beliefs and values. Make sure your children understand your feelings and challenge them to think about their own beliefs and values.
- Teach them how to say "no". Role-play scenarios with your children and discuss ways to deal with difficult situations so that they will be prepared to make healthy choices and decisions.
- Set clear rules and consequences with your children and be sure to follow through if the rules are broken.
- Be a part of their lives. Take an interest in their activities. Get to know their friends. Do things together as a family.
- Listen to what your children have to say. Try not to do all the talking and avoid lecturing. Treat your children with respect and show them that you trust them.
- Help your children feel good about themselves. Let them know you love them. Praise and encourage them.



Children who feel good about themselves are less likely to try drugs and alcohol.