

# The “Parents: You Matter” Tip Sheet

Thank you for attending this presentation. Here are important tips, resources and information you can use to keep your kids healthy and safe, and help them avoid the dangers of drugs and alcohol.

## COMMUNICATE

1. Clearly communicate the risks of alcohol and drug use.
2. Let your child know you disapprove of any drinking or drug use: *Kids who believe their parents will be upset if they try drugs are 43 percent less likely to do so.*
3. Use teachable moments to talk about drinking and using drugs, such as reading a news story or watching a movie.
4. Frequently talk and listen to your kids about how things are going in their lives.

## MONITOR

1. Know *WHO* your child is with.
2. Know *WHAT* he or she is doing.
3. Know *WHERE* your child will be.
4. Know *WHEN* your child is expected home.
5. Know who your child’s friends are – communicate with their parents
6. Establish and enforce rules – including a clear “no use” policy.

## SPOT ALCOHOL AND DRUG USE

- ✓ Here are **five** changes to watch for...
  - Declining school work and grades
  - Abrupt changes in friends, groups or behavior
  - Sleeping habits and abnormal health issues
  - Deteriorating relationships with family
  - Less openness and honesty
- ✓ Be aware of special vulnerabilities, such as:
  - Family history – predisposition to drug or alcohol problems
  - Close friends who use drugs or alcohol
  - Early first use
  - Diagnosed or undiagnosed depression/ other mental health disorders
  - Problems in school/learning disabilities

## WHAT TO DO WHEN YOU SPOT ALCOHOL AND DRUG USE

1. Focus, you can do this.
  - ✓ Act right away.
2. Start talking:
  - ✓ Let your child know you are concerned.
  - ✓ Communicate your disapproval.
3. Set limits, rules and consequences.
4. Monitor – look for evidence, make lists, keep track.
5. Get outside/professional help – you don't have to do this alone.

## TAKE ACTION AND LEARN MORE

1. Protect your kids from medicine abuse:
  - ✓ Safeguard prescription and over-the-counter drugs.
  - ✓ Dispose of medications properly.
  - ✓ Talk to family and friends about limiting access to prescription and over-the-counter drugs.
2. Talk to your kids about the dangers of drinking and using drugs, including prescription and over-the-counter drugs.
3. Monitor your kids' whereabouts.
4. Connect with other parents.
5. Learn more about preventing teen drinking and drug use – go to [www.drugfree.org](http://www.drugfree.org).

## IMPORTANT RESOURCES FROM THE PARTNERSHIP AT DRUGFREE.ORG

- ✓ [www.DrugFreeAZ.org/Rx](http://www.DrugFreeAZ.org/Rx) -- Online resource for parents to learn more about preventing prescription drug abuse
- ✓ [MedicineAbuseProject.org](http://MedicineAbuseProject.org) – The Medicine Abuse Project aims to prevent half a million teens from abusing prescription drugs in the next five years. Visit the campaign online for important tools and tips, and to sign a Pledge to help end medicine abuse.
- ✓ [www.theparenttoolkit.org](http://www.theparenttoolkit.org) and [www.hablacontushijos.org](http://www.hablacontushijos.org) are the English and Spanish versions of The Parent Toolkit, which offer bilingual (Spanish and English) videos and articles on how to talk with your kids at any age.
- ✓ 855-DRUGFREE (855-378-4373) is a bilingual (English/Spanish), toll-free telephone helpline, dedicated to helping parents and families. Learn more at [timetogethelp.drugfree.org/learn/helpline](http://timetogethelp.drugfree.org/learn/helpline)

Use QR codes to learn more or complete a survey about Parents360 Rx



Visit [drugfree.org/pact360](http://drugfree.org/pact360)



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