

Teaching Your Child to Say “No” to Drugs

Instructions: Here are seven points families may find useful when talking to their children about drugs. With the help of the group, decide what additional information would be good to include for each point. Be as specific as possible.

1. *Be informed about alcohol and other drugs and be able to discuss them knowledgeably with your child.*
 - a. *Locate up-to-date information and share it with your family and other parents.*
 - b. *Know the signs of alcohol or other drug use and be prepared to act if you suspect there is a problem.*
 - c. *Know where to find help for your prevention or intervention efforts.*

2. *Uphold a “no use” stance on illegal drug use for children.*
 - a. *Set a good example by not using illegal drugs.*
 - b. *Communicate a strong “no use” message to your children and their friends.*
 - c. *Make it clear that illegal use of drugs will not be tolerated in your house.*

3. *Set family policies and model desired behaviors.*
 - a. *Decide on rules and logical consequences for breaking them.*
 - b. *Demonstrate the behavior you want your children to follow.*
 - c. *Limit the viewing of TV and movies that glamorize drug use.*

4. Link up with other parents.
 - a. Join a support group.
 - b. Know the parents of your child's friends.
 - c. Help establish a community drug and alcohol policy.
 - d. Participate and help in community awareness programs and prevention-oriented contests, rallies, and media events.

5. Reinforce the skill of saying "No."
 - a. Discuss the benefits of not using drugs and the consequences of using drugs.
 - b. Discuss how it feels to say "No" to harmful situations and "Yes" to positive choices.

6. Practice good communication.
 - a. Use listening skills.
 - b. Find out how family members feel about a variety of issues and events in their lives.

7. Strengthen self-confidence in your child.
 - a. Encourage self-discipline by setting limits and holding your child accountable for his or her behavior.
 - b. Provide opportunities for your child to take responsibility in the family.