

Positive Prevention

Based on the research findings of Peter Benson, David J. Hawkins, and others, the best way to address the problem of young people's drug use is to prevent the problem in the first place. This involves families, schools, and community members working together to:

- *Increase the positive connections between youth and their families, peers, school, and community.*
- *Teach the interpersonal skills needed for positive relationships and involvement.*
- *Encourage healthy aspirations and achievement.*
- *Help youth feel cared for, valued, and supported.*
- *Provide meaningful opportunities for youth participation and contribution.*
- *Set clear, consistent expectations for behaviors, including use of tobacco, alcohol, and other drugs.*