



PREVENTION 101



AS A PARENT THERE ARE MANY THINGS YOU CAN DO TO PREVENT ALCOHOL AND DRUG USE.

Make a habit of having a conversation with your child every day.

On a regular basis, discuss shared interests like sports, music, art, technology or movies.

Attending at least a few of your child's activities will help them to understand that what they are doing is important to you.

Engaging in extracurricular activities with your child can provide a strong protective influence on their lives by enabling them to form healthy bonds to school, community or church.

Work through challenges together. Growing up can be especially challenging for tweens/teens.

Don't ever stop playing with your kids. Create together.

Focus your efforts on teaching children what TO do, instead of what NOT to do.

Show respect.

The following organizations offer information and resources that can help you and your family.

New York State Office of Alcoholism and Substance Abuse Services
oasas.ny.gov | 518-473-3460

CombatAddiction.ny.gov
www.Talk2Prevent.ny.gov

The Partnership at Drugfree.org
drugfree.org | 855-378-4373

American Council for Drug Education
acde.org | 800-378-4435

Families Against Drugs
familiesagainstdrugs.net

Al-Anon and Alateen
al-anon.org | 757-563-1600

Faces and Voices of Recovery
facesandvoicesofrecovery.org
202-737-0690

SAMHSA's Center for Substance Abuse Treatment
samhsa.gov/about/csat.aspx
240-276-1660

Substance Abuse and Mental Health Services
www.samhsa.gov | 877-SAMHSA-7

National Institute on Drug Abuse
www.nida.nih.gov/niddahome.html
800-662-HELP

National Council on Alcohol & Drug Dependence
www.ncadd.org | 800-NCACALL

FOR HELP & INFORMATION
COMBATADDICTION.NY.GOV

CALL: 1-877-8-HOPENY (1-877-846-7369)
TEXT: HOPENY TO 467369



Office of Alcoholism and Substance Abuse Services

YOU CAN BE THE DIFFERENCE

A Guide to Teen/Young Adult Substance Abuse



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TALK TODAY, TOMORROW & ALWAYS

USE REAL WORLD EXAMPLES

"Hey, I heard about ... What do you think?"

EMPOWER YOUR CHILD

Ask them what they think and what they think they should know. "Why do you think sharing medicine can be dangerous?"

KNOW WHAT YOU ARE TALKING ABOUT

Get information from your local community coalition. "I read that X out of 10 kids your age are drinking alcohol. It might be happening with your friends or people you know. Do you want to talk about it?"

BASE MESSAGES ON FACTS - NOT FEAR

"Your brain is still developing, and I want you to be the best you can be. Alcohol and drugs can put that in jeopardy."



THINGS PARENTS CAN DO

TALK EARLY AND TALK OFTEN

Parents are the number one influence on a teen's decision not to use alcohol and other drugs. Begin having age appropriate conversations as early as preschool. Some medications look like candy. Teach young children to know the difference and to ask an adult before putting anything into their mouths.

SAFEGUARD PRESCRIPTION DRUGS AND/OR ALCOHOL IN YOUR HOME

Keep track of what you have, how much you have, in addition to storing them in a place inaccessible to children or teens.

GET TO KNOW YOUR CHILD'S FRIENDS

Get to know the parents of your child's friends and share your rules and expectations. Make sure that

BY PRESCHOOL, most children have seen adults drinking alcohol or using drugs, either in real life, on TV, in the news or online. Preschool age children are eager to know and memorize rules, and they want your opinion on what's bad and what's good.

ELEMENTARY SCHOOL age children are most likely to internalize messages from their parents. This is the best time to begin teaching them about alcohol and drugs. Talk about consequences and the effects of alcohol and drugs on the brain. If you and your child see someone who is intoxicated by drugs or alcohol on the street or on TV, explain that being high or drunk is never good and can be dangerous.

MIDDLE SCHOOL can be challenging for both

everyone is in agreement regarding alcohol and drug use.

EXPLAIN THE REASONS FOR THE RULES OFTEN

This will help to ensure that your child understands that you are trying to protect them — not restrict their freedom.

ENFORCE THE RULES CONSISTENTLY

This is true for all family rules. Children need to know that you are serious about the rules and understand that they will be accountable for violating them.

HAVE CONVERSATIONS OFTEN

Build a relationship with your child and take everyday opportunities to talk about drugs and alcohol. Many little talks are more effective than one "big talk."

parents and children. Puberty can erode your child's self-confidence and cause them to feel insecure and vulnerable to peer pressure. During these years, give your tween lots of positive reinforcement and praise them for their efforts and successes.

BY HIGH SCHOOL, your teen will most likely know other kids who use drugs or alcohol. Continue to voice and enforce the rules. Help your child build self-reliance by asking how they plan to deal with situations such as being offered alcohol or being invited to ride in a car with a driver who has been drinking or using drugs.

AFTER HIGH SCHOOL, continue communicating about the consequences of alcohol and drug use.