

COMMUNICATION IS IMPORTANT!

- ! Open communication is one of the most effective tools you can use in helping your child avoid drug use.
- ! Don't put off talking to your children about alcohol and other drugs. As early as fourth grade, kids begin to experience peer pressure to try drugs.
- ! Parents must become involved, but some parents aren't quite sure how to approach discussing drugs with their kids.
- ! School programs alone aren't enough.
- ! Talking freely and listening closely shows children that they mean a great deal to you.



FOR MORE INFORMATION

State and local government drug prevention, intervention, and treatment agencies.

State and local mental health agencies.

Private drug treatment services listed in the Yellow Pages of your telephone book.

National Clearinghouse for Alcohol and Drug Information (NCADI)
P.O. Box 2345
Rockville, MD 20847-2345
Phone: 800.729.6686
301.468.2600
FAX: 301.468.6433

CRIME PREVENTION TIPS

National Crime Prevention Council
1700 K Street, NW, Second Floor
Washington, DC 20006-3817

and



INDIANA STATE POLICE
IGCN - Room 340N
100 North Senate Avenue
Indianapolis, IN 46204-2259
(317) 232-8250

TALKING WITH YOUR KIDS



ABOUT MARIJUANA

WHY DO PEOPLE USE DRUGS?

Young people say they turn to alcohol and other drugs for one or more of these reasons:



To do what their friends are doing

To escape pain in their lives



To fit in

Boredom

For fun



Curiosity

To take risks

TAKE A STAND!

- Educate yourself about the facts surrounding alcohol and other drug use. You will lose credibility with your child if your information is not correct.
- Establish clear family rules against drug use, and enforce them consistently.
- Develop your parenting skills through seminars, networking with other parents, reading, counseling, and support groups.
- Work with other parents to set community standards...you don't raise a child alone.
- Volunteer at schools, youth centers, boys and girls clubs, or other organizations in your community.



WHAT DO YOU SAY?

- Tell your children that you love them and you want them to be healthy and happy.
- Tell them you do not find alcohol and illegal drug use acceptable. Many parents never state this simple principle.
- Explain how illegal drugs hurt people:
 - Physical Harm
For example, AIDS, slowed growth, impaired coordination and accidents.
 - Emotional Harm
A sense of not belonging, isolation, paranoia.
 - Educational Harm
Having difficulties remembering or paying attention.
- Discuss the legal issues. Conviction for a drug offense can lead to time in prison or cost someone a job, driver's license, or college loan.

HOW DO I SAY IT?

- ! Calmly and openly. Don't exaggerate. The facts speak for themselves.
- ! Face to face. Exchange information and try to understand each other's views. Be a good listener and let your children talk about their feelings and concerns. Don't interrupt and don't preach.
- ! Through "teachable moments". Instead of a formal lecture, use various situations such as television news, TV dramas, books and newspapers.

- ! Establish an ongoing conversation rather than giving a one-time speech.
- ! Remember you set the example. Avoid contradictions between your words and your actions. Don't use illegal drugs, period.
- ! Be creative. You and your child might act out various situations in which one person tries to pressure another to take a drug. Figure out two or three ways in which to handle each, and talk about which works best.

Identifying illegal drug use may help prevent further abuse.

HOW CAN I TELL IF MY CHILD IS USING DRUGS?

Possible signs may include:

- Change in moods, irritable, secretive, withdrawn, overly sensitive, inappropriately angry, euphoric.
- Less responsible - late coming home, late for school or class, dishonest.
- Changing friends or lifestyles - new interests, unexplained cash.
- Physical deterioration - difficulty in concentration, loss of coordination, loss of weight, sloppy appearance.
- Refuses to talk or be around family.

