

PARENTS' PLEDGE TO FIGHT DRUGS

We pledge:

To communicate with our children. That means not only transmitting but receiving. Truly listening. We pledge to respect their ideas and opinions even when they differ from ours. If we disagree, we will explain why and calmly try guiding them to the best of our abilities.

- To respond to our children's problems, rather than react to them.
- To educate ourselves about drugs and their dangers so that we can, in turn, effectively impress upon our children why substances are bad for them.
- To instruct our children in realistic terms how to turn down offers of substances.
- To monitor our children's moods, habits, attitudes and friendships, which will enable us to better recognize potential substance abuse and prevent it.
- To help to build our children's self-image; providing and promoting alternatives to chemicals; helping them feel grown-up in ways other than with drugs; teaching them how to confront problems instead of seeking escape through substances. All of the above are ways that parents can help to direct their kids toward drug-free lifestyles.
- To confront youthful drug or alcohol crises quickly and calmly so that we can make informed, rational decisions that are in our children's best interest.
- To get counseling for ourselves if we have difficulty handling children's substance dependency, so that we may be better able to help them recover.
- To remember what it was like to be a child; never forgetting where we came from.

Parent's Signature

Witnessed by (Child's Signature)