

The Tip Sheet

<i>Thank you for attending this presentation.</i> <i>Here are important tips, resources and information you can use to give your child happy, healthy and safe futures, and help them avoid the dangers of drugs and alcohol.</i>	<u>Special Vulnerabilities</u> ✓ Family history -- predisposition to drug or alcohol problems ✓ Close friends who use drugs or alcohol ✓ Early first use ✓ Diagnosed or undiagnosed depression / other mental health disorders ✓ Problems in school / learning disabilities
<u>Communicate – 4 Tips to Help</u> 1. Clearly communicate the risks of drug and alcohol use 2. Let your kids know you disapprove of any I use – kids who believe their parents will be upset if they try drugs are 43% less likely to do so 3. Use “teachable moments” to raise drug and alcohol issues 4. Frequently talk AND LISTEN to your kids about how things are going in their lives	<u>Monitor – 6 Tips to Help</u> 1. Know WHO your child is with 2. Know WHAT they’re doing 3. Know WHERE your child will be 4. Know WHEN your child is expected home 5. Know who your teen’s friends are – communicate with their parents 6. Establish and enforce rules – including a clear “no use” policy
<u>How To Spot Drug and Alcohol Use</u> ✓ Here are five changes to watch for... 1. Declining school work and grades 2. Abrupt changes in friends, groups / behavior 3. Sleeping habits/abnormal health issues 4. Deteriorating relationships with family 5. Less openness and honesty ✓ Be aware of special vulnerabilities	<u>What to Do When You Spot Drug and Alcohol Use</u> ✓ Focus, you <u>can</u> do this; don’t panic, but <u>act</u> right away ✓ Start talking and let your child know you are concerned; communicate your disapproval ✓ Set limits, rules and consequences ✓ Monitor – look for evidence, make lists, keep track ✓ Get outside/professional help – you don’t have to do this alone
<u>Taking Action & Learning More</u> ✓ Use what you’ve learned today and spread the word about “Parents: You Matter” ✓ Communicate with other parents, and tell three friends about what you’ve seen. Obtain free alcohol and drug information & prevention publications from the National Clearinghouse on Alcohol and Drug Information at (800) 729-6686. To find treatment providers call the Substance Abuse and Mental Health Services Administration's 24-Hour Toll-Free Treatment Referral Helpline at 1-800-662-HELP (1-800-662-4357)	<u>Important Websites</u> www.drugfree.org – Main Site www.timetotalk.org –For tips and advice on starting conversations with your kids www.drugfree.org/timetoact --For parents who suspect or know their kids are using www.drugfree.org/teenbrain --Insight into teen brain development Partnership eNewsletter – Sign up and receive the latest tools, tips and guidance for raising healthy kids