

TIPS FOR PARENTS:

1. ESTABLISH AGREED UPON CONSEQUENCES AND ENFORCE CONSISTENTLY

- If kids come home drunk or high, don't try to talk to them that night. Talk early the next morning.

2. MODEL BEHAVIORS

Be a role model; the person you want your kid to be. What stronger anti-drug message is there?

- Be a living, day-to-day example of our value system. Show your child what you want them to have.
- Know that there is no such thing as "do as I say, not as I do", when it comes to drugs.
- If parents walk in and say "I've had a stressful day, I need a beer," what does this TEACH the kid?

3. HELP YOUR CHILDREN BUILD A STRONGER SELF-IMAGE

- Encourage an atmosphere of acceptance, even when under stress.
- Create a setting where your child can talk openly with you as the listener.
- **BOOST TEEN SELF ESTEEM:** praise accomplishments, help set realist goals, offer choices, give responsibilities, focus on strengths without comparing to others, & take teen's concerns seriously

PARENTING STYLES: (*MADD Power of Parents, pg. 4*)

- **Positive (BEST)-** Set clear expectations, explain reasoning & ask for feedback/concerns from teens. Can be difficult, because parents gradually give kids more freedom and responsibility. Philosophy is to build trust and teach skills that empower teen to take control of their own life. If these teens drink, they consume less alcohol.

4. HELP YOUR CHILDREN KNOW THE TRUTH ABOUT ALCOHOL

- If you teach your children the truth about drugs, they are able to make choices based on knowledge rather than what they hear from their "friends."

TIPS FOR HAVING THE CONVERSATION ABOUT ALCOHOL: TALK EARLY, TALK OFTEN

- Seek discussion, don't lecture- as you open up, your teen will.
- Distinguish fact from opinion.
- Don't just talk about yourself- ask your teen what they think.
- Avoid assumptions. (*MADD Power of Parents, pg. 7*)
- **Use open-minded thought-provoking questions in non-threatening supportive way.** "Do you know kids who drink, how has it affected them? Have you ever been offered alcohol, what did you say? What if someone really pushed you? Do you see any risks? What are your concerns?"
- **Practice "what if" situations and how to say "no."**

5. ENCOURAGE ACCOUNTABILITY

- Help children understand there are consequences to their actions.
- Be careful not to provide or accept excuses for certain behavior.

6. HELP YOUR CHILD CHOOSE POSITIVE FRIENDSHIPS

- Be awake when your kid comes home
- Let your children know you can be there reason to say "NO"
- Get to know your child's friends and their friends' parents

ROLE OF PEERS IN TEEN DRINKING:

- Teens often carry the misperception that "everyone is drinking," and this misperception influences the belief that it is NORMAL to drink.

As parents, direct your focus on what the real problem is... not protecting kids from the "bad" friend who tries to get them to drink, but the false belief that the "majority are drinking."

ACTIVITY 1: HOW CAN WE HELP OUR CHILDREN MAKE GOOD DECISIONS?

Think about a child you care about...

1. At what age is this child likely to have to make a decision about using drugs? _____
2. What is a typical situation that the child might be in where he or she would need to make a decision on whether or not to use drugs?
3. What do we want that child to do in this situation?

ACTIVITY 2: HELPING YOUR CHILDREN ESTABLISH BOUNDARIES

1. What was a boundary established in the family you came from?
2. What were the consequences if broken?
3. How did you feel if they were not maintained?
4. What boundaries have carried over to your own family?

ACTIVITY 3: BUILDING A STRONGER SELF-IMAGE IN YOUR CHILD

1. List things to say to a child that could reinforce their “negative self-talk”
(You’re useless, You’re good for nothing, Troublemaker, Why can’t you be like your brother or sister?, You’ll never be able to do that)
2. List things we could say that would encourage “positive self-talk”.
(You’re great!, I knew you could do it!, You’re the best thing that ever happened to us!, What a fantastic job!, I love you!)