

The Bad News

We cannot totally PREVENT drug use.

The Good News

There is much we CAN DO:

- * to decrease the likelihood of use (week 5)
- * to limit it once it gets started (week 6)
- * to get treatment for a user and ourselves (week 7)

1 Be Aware & Up-To-Date

- * Periodically attend an update class
- * Subscribe to periodicals that will keep you informed;
Highly recommended are:
 - "Committees of Correspondence" (617) 774-2641
Drug information packet & quarterly newsletter, \$15/year
 - "YouthWorker Update" (619) 440-2333
Published 11 times/year, \$18/year
 - "Adolescent Counselor Magazine" (800) 622-7762
Published 6 times/year, \$21/year
- > During your kids' adolescent years, all of these will help you more than the Tribune, "Time" or even "Parent".
- * Read a good, current book. Highly recommended are:
 - How to Keep the Children You Love Off Drugs, by Ken Barun, \$13
 - Toma Tells It Straight With Love, by David Toma, \$4
 - The Facts About Drugs And Alcohol, by Mark S. Gold, M.D., \$4
 - Not MY Kid, by Polson & Newton, \$4
- > For specific topics, see the bibliography
- * Review popular/teen/rock magazines occasionally.
Recommended (for parents only) are:
 - High Times
 - Seventeen, or Sassy
 - Circus, Hit Parader, or Illinois Entertainer
- > Also, review the lyrics & listen to some of your kids' albums/cassettes
- * Borrow free materials from the Illinois Prevention Resource Center (1-800-252-8951)

2 Monitor Your Own Attitudes & Actions Toward Drugs

- * Clean out the medicine cabinet
- * Don't say "I need an aspirin";
Better: "I think I'll take an aspirin"
- * Break habits like the "after work drink"
or "after dinner cigarette"
- * Don't assume all pain must be medicated/eliminated
 - Ask doctors about possible non-chemical solutions
 - Follow doctor's prescription directions exactly;
especially for antibiotics, Valium & Xanax, etc.
 - Think twice about any medicine for children;
Think 3 or 4 times about Ritalin
 - Avoid pleasant tasting medicine for kids
 - Don't allow youngsters to give themselves medicine
 - Throw away extra, unused prescriptions
- * Don't laugh at drunken behavior (e.g. movie "Arthur/Arthur 2")
- * Don't wear (or tolerate your kid wearing) drug-related T-shirts,
or ball caps (e.g. Spuds MacKensie, etc.)
- * Be sure your music choices don't glamorize/trivialize drugs
- * Don't ENABLE anyone in their drug use

3 Monitor Your Own Attitudes & Actions Toward the Law

- * Observe all driving regulations
- * Be a law abiding citizen
- * Teach your kids to respect authority

4 Get to Know Your Kids

- * Spend quality time with each kid
- * Spend quantity time with each kid

- "The problem with teenagers today is that they are lonely." Film: Tough Times for Teens

- * Listen to them, taking their concerns seriously
- * Empathize with their problems

5 Encourage Your Kids' Self-Esteem

- * Begin & maintain regularly a "Success File" for each kid
- * View them as they are, not what they come become
- * Praise improvement, not perfection
- * Recognize good qualities even in their weak areas
- * Praise 10 times to earn the right to criticize once
- * Apologize to them when necessary
- * Assign important responsibilities
- * Teach the principle that "actions have consequences"
- * Model self-confidence, friendliness, concern for others

- Kids need to be hugged and kissed and told that they are loved. They need to know that their parents think they are special and beautiful and nice to be with. They need to know that there are no strings attached to that love...What is so tough about that? Why is it so hard for parents to express their love? Why is the number-one complaint that I hear from kids always the same? They feel unloved, unwanted, unnecessary. Why should any kid in the world feel like that? [DT, p.154]

5 Model for Your Children How to Resist Peer Pressure

- * Do you go off your diet when eating at others' homes?
- * Do you have a drink or toast only on special occasions?
- * Do you overspend to dress in the latest fashions?
- * Do you own this year's fashionable car?
- * Do you feverishly keep up with the Jones?
- * Do you work more overtime than you should?
- * Are you in the office football pool, though you don't gamble?
- * Take opportunities to teach the strength to stand alone

7 Teach Your Kids How to Say "No"

- * If necessary, learn how to say "No" yourself
- * Use resources to get ideas (e.g. see Barun, chapter 4)
- * Run role play exercises for younger kids
- * Ask your kids how they've said "no" in past situations;
Investigate with them how they could even do better

8 Teach & Model Coping Skills

- * Don't give your kids everything they want
- * Teach kids how to be alone without being lonely
- * Evaluate whether you model coping skills by:
 - Using drugs or alcohol
 - Being a workaholic
 - Being a perfectionist
- We don't have addicts because drugs are easy to get. We have addicts because people can't cope with their lives; they are looking to escape, and for a while drugs and alcohol seem to be their way out. These are people who can't deal with their families, their jobs, their teachers, their love affairs. They don't like themselves. They feel unloved, unwanted, and they are scared to death of the future. These are lonely people who are convinced that nobody gives a damn. [DT, p.35]

Teach Your Kids How to Make & Keep Friends

- * Teach the principle: "The first to speak sets the tone"
 - Have kids test the principle by experiment
- * List appropriate questions they can ask
 - Have kids role play meeting new people
- * Encourage kids to see positive qualities in others
- * Teach not to expect perfection in others
- * Teach the value of friends with good conduct
- * Teach how to apologize when necessary
- * Model healthy relationships
 - Be friendly, outgoing & genuinely interested in others
 - Be selective
 - Have optimistic & realistic expectations of others

10 Monitor Your Kids' Friendships

* Insist on meeting your kids' new friends

- Establish the practice when kids are young
- Do it consistently when kids are teens
- Make their friends welcome in your home
- Talk to or meet their parents if possible

- "The greatest social tip I can offer you on teens is this:
Be friends with your children's friends." Bill Sanders,
author, (Almost) Everything Teens Want Parents To Know

* Teach proper boy/girl relationships & attitudes

- Teach moral values
- Define & communicate clear limits
- Expect & demand compliance within limits
- Don't push kids to date too early
- Don't explicitly forbid a kid to see a desired partner

11 Set Clear Rules for Adolescents in the Home

- * Pick the battles to fight
or you'll be fighting all the time
 - * Write out the critical rules (See sample Family Rules Contract)
 - Make them observable, behavioral, & enforceable
 - * Agree with spouse to present a united front
 - * Review document with other parents
 - * Discuss with your teen
 - * Revise rules:
 - Only at a weekly, family council meeting
(No changes or arguments during the week)
 - When new events occur (graduations, driver's licence)
 - After kid has showed sustained responsibility in an area
 - To eventually work yourself out of a job
 - * Set new responsibilities to go with new privileges:
 - Driving the car may beget:
 - . Paying for gas, insurance
 - . Washing the car monthly
 - . Preplanning & obtaining approval for the night's plans
 - Staying out later may beget:
 - . Doing homework before going out
 - . Less TV time
 - . Waking a parent up when arriving home
- Kids need their parents. They want direction, they must be given guidelines. They want strong parents, strong loving parents. Nagging parents aren't the same thing...neither are bullies. Parents who lay down rules that don't make sense and who don't respect the value and uniqueness of each kid -- aren't the same thing. Kids need to know what behavior is acceptable and unacceptable by their parents and they should understand the reasons why! What is unacceptable? Tantrums, lying, cheating, disrespect, meanness, smoking pot, popping pills, having premarital sex. [DT, p.153]

12 Set Consequences

* Exact consequence is highly dependent on specific kids, their values & motivators

* Consequence should be:

- Related to the rule violation
- Reasonable
- Respectful
- Delivered in a matter-of-fact way;
Without yelling or emotion
- Carried out in detail, exactly as stated
(Write it down so you don't forget)
- Imposed without negotiation with kid

* Should consequences be stated at rule-setting time?

	ADVANTAGES	DISADVANTAGES
YES	- Seems fairer - Decisions made in calm times - Can allow kids to negotiate	- Allows kid to play a tradeoff game - Reduces fear of an unknown consequence
NO	- Allows consideration of mitigating circumstances	- Kid likely to argue & complain - Siblings may claim unfairness

* Suggest: Consequences should be set for the less important rules, such as chores & curfew. For drug use, let kids wonder if you will have them arrested or hospitalized.

13 Encourage & Model Wholesome Activities

* Develop a lifestyle where kids are needed in the family:

- Teach skills needed around home
- Work together on home projects

- Today's is the first generation of kids that is unneeded by the family. Instead of putting them to work, we think we must keep them out of boredom. [UYT, p.8]

* Play together: Physical & intellectual games

* Encourage hobbies of all kinds;
Invest a few \$ in a new hobby each month for each kid

* Encourage school, church & community activities

- Monitor after game events of high school sports teams

* --> Value: Variety

14 Don't Encourage (or Model) Negative Activities

* TV as baby-sitter

* MTV

* Movies with immoral values

* Betting, gambling

* Overeating, caffeine, junk food

* Overspending

* --> Value: Moderation

15	Ensure Kids Get Good Drug Education
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* Call schools; Review plans & materials

- Elmhurst's DARE program is good

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| <ul style="list-style-type: none">- Before DARE (in Los Angeles):<ul style="list-style-type: none">. 51% of 5th graders equated drug use with having more friends. 32% of parents thought it was alright for children to drink alcohol if adults were present- After DARE:<ul style="list-style-type: none">. Only 8% of the 5th graders kept that opinion. No parent kept that view [WW, p.36] |
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- See "What Works: Schools Without Drugs"
From Department of Education, phone 1-800-624-0100
- Visit a drug assembly at the school (At York, call Ron Miess)
- Review the books on drugs in the school & public libraries
 - . Donate books such as those in the bibliography
 - . Get books like "From Chocolate to Morphine" removed
- Find out the high school's cigarette smoking policy

* Call church; Review plans & materials

- Are youth leaders properly trained & current?
- Are there well written crisis plans?

* Teach your kids yourself

- Provide good reading materials & tapes
(Not only on drugs, but sex, self-esteem, etc.)
- Provide access to hotlines & phone information
(see "Family Rules Contract")
- Have your children point out misleading advertising or slanted portrayals of drug use on TV, in movies, etc.
- Teach the legal ramifications of drug law violations
- Take your (mature) adolescents to an open AA meeting

.6 Be Involved with the Community

- * Meet with the local juvenile/truant officer
 - Ask what you ought to be aware of around town
 - Ask which activities/locations are prone to drug use
 - * Attend local parenting skills classes
 - DuPage County Health Department (682-7400) teaches "Parenting Problem Teens" class, offered 2X/year
 - * Join a local parents group
 - ToughLove (In Lombard area, call Jackie Poole, 941-8581)
 - Young Single Parents
 - * Attend local drug awareness classes
 - Pape & Associates (668-8710) teaches one occasionally
 - * Join a local drug prevention group
 - Parents Awareness Group of Elmhurst
 - * Volunteer to chaperone a dance or drug-free prom alternative
 - * Support a special interest magazine on drug abuse
 - * Join or support Mothers Against Drunk Driving (MADD)
- The hottest places in Hell are reserved for those who in times of great moral crises maintain their neutrality. -Dante

17 Discourage Use of "Gateway" Drugs

- * Set rules prohibiting cigarettes, chewing tobacco & alcohol
- * "Child-Proof" your home (as you did when your kids were 2)
 - . Lock up over-the-counter medicines & prescription medications
 - . Remove abusable substances
 - . Make valuables & money stashes inaccessible

- 12 to 17 year old cigarette smokers are
 - . 2X more likely to drink alcohol
 - . 10X more likely to smoke marijuana
 - . 14X more likely to use cocaine, heroin or hallucigens
- Percent who tried cocaine, heroin or opiates:
 - . of marijuana users, 26%
 - . of non-marijuana users, 1%
- 93% of all cocaine users had smoked marijuana first [KB, p.83]

8 Monitor Your Kids' Behavior

- * Watch for symptoms of drug use (often very hard to detect)
(See chapter 6)
 - Be awake & observant when your kid comes home,
especially when curfew is violated
 - Insist kids wake you when they get home
- * When you're suspicious, invade their privacy to locate evidence
- * Limit access to & monitor use of money
- Parents unconsciously help their kids stay on drugs -- by
giving them money they don't have to account for. [MG 2, p.27]
- * Control access to & monitor use of automobile
- * Monitor kids' choice of games, such as D n' D

9 Re-Motivate Yourself Periodically

- * Take a vacation when you need it (without kids). BUT...
 - DON'T leave your kids unattended at home --
Not even teens (especially teens!)
- * Rent videotapes or audio-cassette tapes:
 - Movie: "Street Wise" (warning: rough language)
 - Movie: "Scared Straight" (warning: rough language)
 - Video-tapes: "Active Parenting" (by M.Popkin)
Available from Illinois PRC (1-800-252-8951)
- * Attend the 1-evening "Understanding Your Teen" seminar
sponsored by Youth Specialties

- * Does your attitude toward drugs & the law model what you want for your kids?
- * Have you established your priorities in life?
 - . Do you spend enough time with your family?
 - . Do you really listen to your kids?
 - . Do you freely express your love & feelings for your kids?
- * Have you resolved any negative feelings toward your parents?

- I talk to messed-up kids almost every day of my life and I meet plenty of their parents. And do you know something? Their parents, as often as not, are as screwed up as they are. I meet parents who are so dissatisfied with their own lives that it is impossible for them to provide a healthy home environment for their family. And I meet parents who are so egotistical, so involved with their own little worlds, that there's no room for their children in their lives. I meet workaholics whose priorities are so twisted that their jobs become their lovers...

Most of the messed-up parents I meet suffer from the same thing. Lack of self-esteem. No self-respect. They have lived for 30, 40, 50 years and still don't like themselves. And they come to me every day -- hurt and bewildered -- and they cry, "My kids don't respect me. Why?" [DT, p.153]