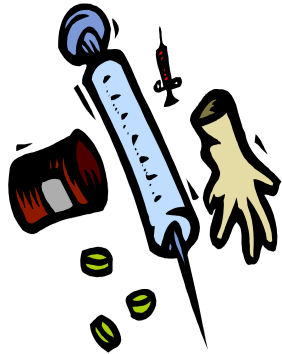


WHY DO PEOPLE USE DRUGS?

Young people say they turn to drugs and alcohol for one 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.



EDUCATE YOURSELF!!!

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

- ◆ Volunteer at schools, youth centers, Boys & Girls Clubs, or other activities in your community.

FOR MORE INFORMATION

- ◆ State and local government drug use prevention, intervention and treatment agencies.
- ◆ State and local mental health agencies.
- ◆ State and local law enforcement agencies.
- ◆ Private drug use treatment services listed in the phone book Yellow Pages.
- ◆ National Clearinghouse for Alcohol and Drug Information (NCADI)
P.O. Box 2345
Rockville, Maryland 20847
1-800-729-6686 or
1-301-468-2600



Unified Police Department
Herriman Precinct

Founded 1851

Herriman

Talking with your kids
about drugs

**TALKING
WITH
YOUR
KIDS
ABOUT
DRUGS**



UNIFIED POLICE DEPARTMENT
Sheriff James M. Winder

www.updsl.org
743-7000

Don't put off talking to your children about alcohol and drugs. As early as fourth grade, kids worry about pressures to try drugs. School programs alone aren't enough. Parents must become involved, but most parents aren't sure how to tell their children about drugs. Open communication is one of the most effective tools you can use in helping your child avoid drug and alcohol use. Talk freely and really listening shows children that they mean a great deal to you!



WHAT DO YOU SAY?

- ◆ Tell them that you love them and you want them to be healthy and happy.
- ◆ Say you do not find alcohol and drug use acceptable. Many parents never state this simple principal.
- ◆ Explain how drug and alcohol use hurts people. Physical harm, for example; AIDS, slowed growth, impaired coordination, accidents and even death. Emotional harm: sense of not belonging, isolation, paranoia etc. Educational harm: difficulties remembering and paying attention.
- ◆ Discuss the legal issues. A conviction for a drug offense can lead to time in prison or cost someone a job, driver's license, or college loan.
- ◆ Talk about positive, drug-free alternatives and how you can explore them together. Some ideas include; sports, reading, movies, bike rides, camping, cooking, games and concerts. Involve your children's friends.

HOW DO YOU SAY IT?

- ◆ Calmly and openly. Don't exaggerate. Kids know when you do and the facts speak for themselves.
- ◆ Face to face. Exchange information and try to understand each other's point of view. Be an active listener and let your child talk about fears and concerns. Don't interrupt and don't preach.

- ◆ Through "teachable moments"-in contrast to a formal lecture, use of variety of situations such as television, news, television dramas, books, and the internet.
- ◆ Establish an ongoing conversation rather than giving a one-time speech.
- ◆ Remember that you set the example. Avoid contradictions between your words and your actions. And don't use illegal drugs, period!
- ◆ Be creative! You and your child might act out various situations in which one person tries to get the other one to take drugs. Figure out two or three ways to handle each situation and talk about which worked the best.
- ◆ Exchange ideas with other parents.

HOW CAN I TELL IF A CHILD IS USING DRUGS?

Identifying illegal drug use may help prevent further abuse. Possible signs include:

- ◆ Change in moods. More irritable, secretive, withdrawn, overly sensitive, inappropriately angry, or euphoric.
- ◆ Less responsible. Late coming home or late for school or class. Dishonesty.
- ◆ Changing friends or changing lifestyles. New interests or unexplained cash.
- ◆ Physical deterioration.