

Hey, mom...

want me to grow up with healthy perspectives on drugs and alcohol?
Here are some ideas...

Listen to me. Encourage me to express my feelings. Make sure I know that no subject is off-limits.

Help me gain perspective. TV and music can give me the idea that that most adults use alcohol, drugs and tobacco. Help me understand that's not the case.

Help me learn ways to say no. Role play with me, and help me learn creative, effective ways to say no. Try something like this: "Let's play a game. Pretend you're at Sara's house with friends. Someone finds some beer, and they offer you one. What could you say?"

Give me limits. Be clear about family rules – for instance, that kids aren't allowed to drink alcohol and that the only time it's ok to take a drug is when mom or dad gives me medicine. Know where I am, who I'm with, and what I'm doing.

Look for teachable moments. When we're watching TV together and marijuana is mentioned, ask me if I know what that is, and if any of my friends have ever talked about it. If I'm eating an apple, use that as a conversation starter about ways we keep our bodies and minds healthy.

Don't overwhelm me.

Keep your answers to my questions short, and age-appropriate. Make other resources available to me so I can learn more on my own.

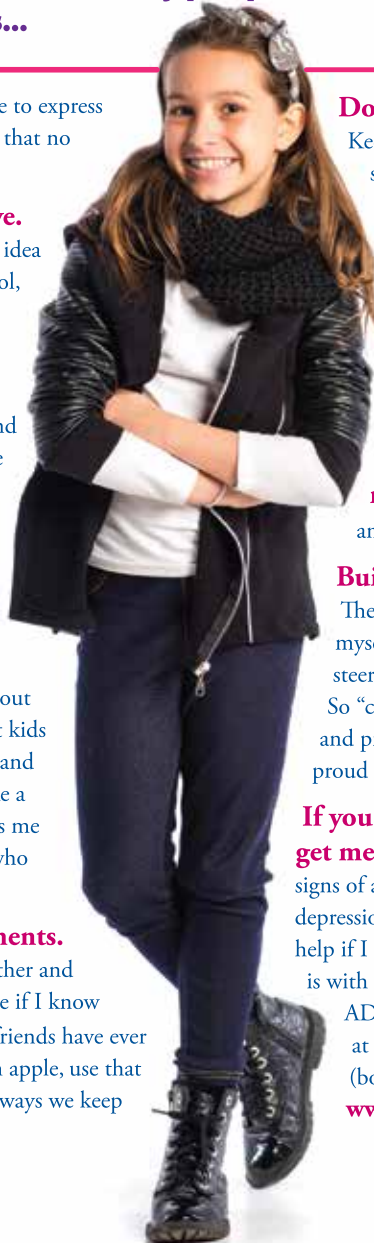
Keep me busy. Help me discover things I'm good at. Make sure I stay involved in those activities.

Be a good example for me. Understand that I watch – and learn from – your behavior.

Build my self-esteem.

The more confidence I have in myself, the better I'll be able to steer clear of dangerous behaviors. So "catch me" doing good things and praise me. Tell me you are proud of me.

If you suspect a problem, get me help. Know the warning signs of alcohol or drug use, and depression. Know how to get me help if I need it. A great place to start is with a call to the Lake County ADAMHS Board's Compass Line at 918-2000 or 350-2000 (both 440). Or, visit www.HelpThatWorks.us.



Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board

YOU.ME.US. We're in this together. There is no them.

