




CAN I

STEER MY CHILD

AWAY FROM THE HARMFUL USE OF **DRUGS?**



a program of **Focus on the Family**[®]



IS IT POSSIBLE TO DRUG PROOF YOUR KIDS?

- If you mean, "Can parents stop their children from trying tobacco, alcohol or illicit drugs?" The answer is NO.
- If you mean, "Can parents be more effective at influencing their children's choices?" The answer is YES!
- YES: However, risk-taking is a normal part of adolescence, as is testing parental boundaries. Parents need to know how to respond.
- YES: Through How to Drug Proof Your Kids™, parents learn practical techniques that are proven to help reduce the risk of drug abuse.

PARENTS MAKE A SIGNIFICANT DIFFERENCE!

- Easy availability, peer pressure and the perceived 'excitement' of drugs are major concerns for today's parents.
- To simply tell children who are already casual or dependent users to stop using drugs is naïve, as is lecturing young people that "all they have to do is say no."
- Research shows that involved parents play a vital role in keeping children from the harmful use of drugs, including alcohol.
- Informed parents communicate more effectively. Knowledge of available resources puts parents in a position to significantly reduce the risk to their children.

THROUGH HOW TO DRUG PROOF YOUR KIDS™, PARENTS WILL . . .

Understand drug use and its related harm.


Develop strategies to help their children make informed choices about drug use.

Identify local organizations and resources that can help shape their own beliefs, attitudes and behaviors toward drug use.

Find strength and encouragement, knowing they are not alone.

Benefit from the insight of other parents who share ideas, strategies and stories from their own experiences.

Receive a manual containing more than 100 pages of helpful notes, exercises, discussion points and reference materials.

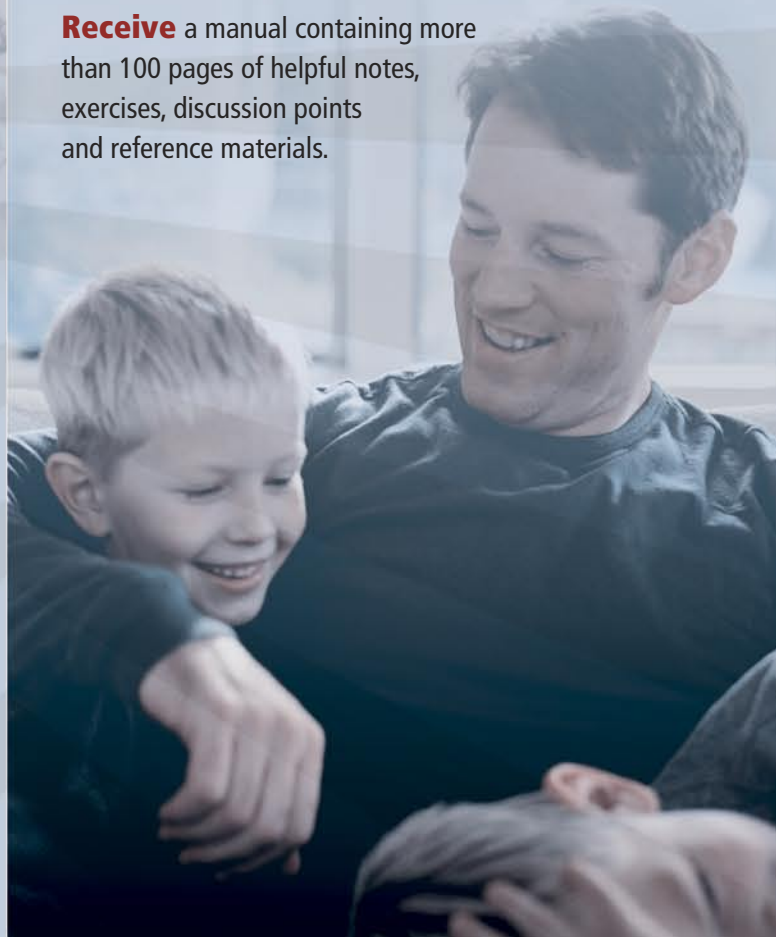


"I thought I had a fairly good understanding of most drugs. After completing this invaluable six-week program, I have certainly learned so much more."

"I gained a lot of practical information, as well as confirmation of boundary setting. . . . I now feel more confident as a parent."

"As a parent who has been through the heartache and grief of having a son touched by addiction to drugs, I have felt that this program has not only been informative and helpful, but it had a positive healing effect on both me and my son."

How to Drug Proof Your Kids™ is a community-based program that equips parents with tools and strategies, enabling them to strengthen their families and more effectively steer their children away from the harmful use of drugs.



SESSIONS

How to Drug Proof Your Kids™ consists of six two-hour sessions.

1 DRUG USE! HOW BAD IS IT?

- Current statistics
- Drugs in your community
- The Drug-Proof Plan
- What parents can do

3 GOOD CHOICES: EDUCATING KIDS

- Drugs and misuse: the facts
- Why kids use drugs
- Critical strategies for parents
- The Parents' Action Plan

5 LEARNING TO INTERVENE

- The intervention process
- Strategies for intervention communication
- Helping kids respond to peer pressure
- When a parent needs professional help

2 WHY KIDS TAKE DRUGS

- Factors leading to drug and alcohol misuse
- The path to drug misuse
- Your child's environment
- Know your child better

4 PREVENTION TOOLS

- Identifying drug misuse
- Parental prevention tools
- Parents' attitudes toward their kids
- Parents' reactions to drug use

6 HOW TO HANDLE RELAPSES

- Relapse threats and indicators
- Surviving relapse as a parent
- Relapse protection plan
- Motivating others to drug proof their kids



a program of **Focus on the Family**®

Focus on the Family is a charitable organization, built on Christian principles, which supports, encourages and strengthens families through education and resources.

We believe building a heritage for your family is one of the most important things you can do. That heritage must include the education and care your children need to preserve their health and achieve their potential. How to Drug Proof Your Kids™ stems from our genuine concern for families and the understanding that their health is linked to the welfare of our country.

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