

For further information contact:
National Drug Council (345) 949-9000

DRUGS

Key Agencies

**Department of
Counselling Services**

345-949-8789

The Wellness Centre

345-949-9355

Terry Delaney

345-526-1378

Encouraging your child to avoid drugs, alcohol and tobacco starts early on. The following general guidelines are from the National Drug Council.

Instructions

- **STEP 1:** Start your mission by building strong bonds of trust and affection with your child and by teaching him or her to make strong, self-confident decisions.
- **STEP 2:** Teach problem-solving skills early on, and reinforce your child's self-esteem whenever you can.
- **STEP 3:** Discuss how things that can be "good" and "bad" for the body: mention favorite foods that are healthful, as well as substances found around the house that are not.
- **STEP 4:** Explain that prescription medications are drugs that can help the person for whom they are meant, but can harm others.
- **STEP 5:** Explain to your child what alcohol, tobacco, and drugs are. Talk about how they can interfere with the way the body works and cause lifelong health risks.
- **STEP 6:** Introduce the idea of addiction: that drug use can become a very bad habit that is difficult to stop.
- **STEP 7:** Brainstorm potential scenarios in which friends offer your child drugs, and rehearse possible responses or excuses.
- **STEP 8:** Get to know your children's friends and their interests, as well as their friends' parents.
- **STEP 9:** Help your child distinguish drug myths from realities, for instance, that marijuana is not harmful because it comes from a plant and is "all natural."
- **STEP 10:** Praise and encourage your child whenever you can.

How to Raise a Drug-Free Child