

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

Teaching your teenager to avoid drugs starts with straightforward discussion about the consequences of taking mind-altering substances. The National Drug Council recommends the following guidelines.

Fourth to Sixth Grade

Instructions

- **STEP 1:** Talk about the immediate and long-term effects of consuming drugs, tobacco or alcohol: bad breath, stained teeth, increased risk of cancer and liver disease.
- **STEP 2:** Discuss impaired judgment and related risks of mind altering substances such as driving under the influence or getting into dangerous sexual situations.
- **STEP 3:** Mention the role of drugs in interfering with a student's future plans, such as going to college and eventually starting a family.
- **STEP 4:** Point out the dangers of alcohol, tobacco and other drug use in relation to pregnancy, including birth defects in newborns.
- **STEP 5:** Warn your teen about the hazards of combining drugs.
- **STEP 6:** Discuss medical marijuana and the debate over legalization of marijuana.
- **STEP 7:** Explain that the component of marijuana with medicinal value is delta-9-tetrahydrocannabinol (THC). It can be prescribed by doctors in pill form, which lacks the cancer-causing chemicals of smoked marijuana.
- **STEP 8:** Praise and encourage your teen when he or she makes good decisions and achieves long-worked-for goals.

How to Encourage Your Teenager to Avoid Drugs