

March Newsletter Addition

Student Chemical Health: Preventing Teen Drug Use

As a parent, it is scary to know that your child will likely be offered alcohol, tobacco products, marijuana, addictive prescription pills, or other illegal drugs before they graduate high school.

However, research has shown that as parents, you are the most influential source of information your child has. Talking to your child about smoking cigarettes, drinking alcohol, and using other drugs is what's most likely to make a difference in whether your child gets into these things.

Obviously, there is no sure-fire way to ensure our kids will never touch a drug in their teen years – or even in their lifetime. However, there are things parents and caregivers *CAN* do that have been shown to minimize that worrisome possibility! Click here for 10 tips to prevent teen substance use and check out the resources below:

- Drug Prevention Tips for Every Age : how to talk to your kids about drugs
- All About the Teen Years : how to talk with your teen, setting limits and monitoring, how to spot signs of drug use, and more
- Positive Parenting Support: Family Checkup
- Recommended book: How to Raise a Drug Free Kid

For more information on alcohol and drug prevention or support, please contact

Chemical Health Specialist, Ashley Rome for more information at arome@isd622.org.