YOUR CHILD NOTICES HOW YOU LIVE YOUR LIFE.

The choices you make will affect the choices your child makes.

To keep teens drug and alcohol-free, **show them how to live that way.**

Many Native youth think their parents or guardians are okay with them drinking alcohol or smoking pot.

The good news is that when parents talk early about drug and alcohol use with their teens, it helps them say "No, thanks" and mean it.

RESOURCES FOR PARENTS

Parents: The Anti-Drug
www.theantidrug.com

Parent Helpline
1-855-DRUGFREE (378-4373)
www.DrugFree.org

Substance Abuse & Mental Health Services Administration (SAMHSA):
findtreatment.samhsa.gov
1-800-662-HELP (4357)

CAMPAIGN PARTNERS

Northwest Portland Area Indian Health Board
2121 SW Broadway, Suite 300
Portland, OR 97201
Phone: 503.228.4185
Email: npaihb@npaihb.org
www.npaihb.org

Indian Health Service
Division of Behavioral Health
801 Thompson Avenue
Suite 300
Rockville, MD 20852
Phone: 301.443.2038
www.ihs.gov

I STRENGTHEN MY NATION

THRIVE

YOU HAVE AWESOME POWER.

As the adult in a young person's life, you can inspire, guide and lead – by example – with your own life.

SET A GOOD EXAMPLE.

The best possible example, of course, would be for you to not use alcohol or drugs. If you do drink, however, there are still ways to reduce the likelihood that your child will drink.

- Use alcohol moderately. If you keep alcohol at home, regularly monitor the supply, and make sure your child knows that it's off-limits.
- Don't teach your child that alcohol can help people cope with life's problems. There are safe, healthy ways to deal with stress or personal problems.
- Don't tell stories about your own drinking or drug use that might make your child think it's fun, funny, or glamorous.

WITH YOUR CHILD ...

TALK ABOUT DRINKING AND DRUGS.

If possible, start the conversation early, before they're in school. Alcohol and drug use often starts in grade school.

Surveys show that many American Indian and Alaska Native youth think their parents or guardians are okay with them drinking alcohol or smoking pot. The good news is that when parents talk early about drug and alcohol use with their teens, it helps them say "No, thanks" and mean it.

LISTEN.

Let your child ask questions and voice opinions. Then discuss, calmly and respectfully.

SHOW THAT YOU CARE.

Be available and non-judgmental. Guide from love, not anger.

KNOW WHERE THEY ARE AND WHAT THEY'RE DOING.

Have them check in with you frequently. Explain that you trust them but just want to make sure they're safe.

SET CLEAR, FIRM GROUND RULES:

- No alcohol, smoking, or other drugs
- No going to parties where alcohol, pot, or other drugs will be available
- Never let someone drive who has been drinking or using drugs. Tell your child that you'll pick them up wherever they are, whatever time it is.

WITH OTHER ADULTS ...

GET INVOLVED.

Many children drink or use drugs because they're bored. Keep them busy with after-school clubs or sports. Work with other parents to create fun, meaningful activities.

GET COOPERATION FROM OTHERS.

If other adults in your child's life use drugs or alcohol, ask them:

- Not to drink or use around your child
- Not to give drugs or alcohol to your child
- Not to throw unsupervised parties