

PARENT POWER
USING TEACHABLE MOMENTS

1. An important aspect of teaching about drugs is to listen carefully to your child's views.
2. Drugs are a part of our society and are all around us; it is the parent's right and responsibility to be active in the drug education of their child.
3. Emphasize the immediate negative consequences of substance use. Long-range risks are of no value in deterring experimentation or use. Immediate consequences include, throwing up, being out of control and having people laugh at you.
4. Dispel the "myth" that everyone is doing it.
5. Teach them "refusal skills." Teach them how to resist the social influences and still be accepted by their peer group. Rehearse situations they may be confronted with and how they can get out of it or delay a decision.
6. Make them aware of advertising techniques that promote the myths about drug and alcohol use.
7. Stress the fact that drug/alcohol-induced "highs" are short-lived and not long-lasting concrete experiences. Highs achieved through hard work and effort are fond memories and can be recreated.
8. Parents, share your own personal experiences, both negative and positive, in confronting peer pressure. Be honest. Let your children know that adolescence is not an easy, fun-loving time. Share with them that it is a time of difficult decisions and explorations.
9. Parents are significant role models for their children in all respects, including drug use. Children imitate behaviors and learn attitudes about all drugs and learn attitudes about all drugs from important adults in their lives, especially parents.
10. Drinking behaviors are learned through observing and imitating parents, other adults and peers. Some children drink because: a) it appears to produce feelings of pleasure, and b) because it is a symbol of adulthood to them, and they want to be like those adults they look up to.
11. Using the natural setting and capitalizing on the teachable moments can be a useful approach to help your child learn about alcohol/drugs.
12. An exchange of views and beliefs is more effective than parental "scare tactics."

