

SUFFOLK COALITION TO PREVENT ALCOHOL AND DRUG DEPENDENCIES, INC.
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PARENTS:
PROVIDE A STRONG SENSE OF
VALUES FOR YOUR CHILDREN

Society is clearly aware of the impact of alcohol and drug abuse on our daily lives. Prevention of alcohol and substance abuse in our children is of primary importance. However, prevention begins with education. Parents need to have accurate information about alcohol and drugs in order to educate children. Parents also have the responsibility to provide children with a strong sense of values.

Children who made a decision to not use alcohol or drugs do so because they have developed strong convictions against use of these substances. These convictions arise from clear family, religious and social values.

Here are some tips to help make your family values clear:

1. Open communication with your children on the values of responsibility, honesty and self-reliance.
2. Be aware that a parent's actions teach children how to behave. For example, parents who are smokers are more likely to have a child who smokes. The same is true for alcohol and drug use.
3. Watch for conflicting messages between what you say and what you do. Children are very astute — they know the difference.
4. Learn all you can about alcohol and drugs. Know their effects and the symptoms of use.
5. Above all — DON'T PANIC!! If you or your child has a problem with alcohol or drugs, call a professional who can give you support and direction. Show your child and yourself that there are choices.

ALCOHOL AND SUBSTANCE ABUSE ARE TREATABLE AND PREVENTABLE