

Twelve Tips for Helping Your Children Stay Drug-Free

1. Accept the role of parent as your responsibility. Let others be their friends.
2. Make parenting a priority. Be there.
3. Educate yourself about the problems facing children and young people today. They are different from the problems you faced.
4. Give clear messages about expectations. Be specific about how you expect them to behave.
5. Enforce stated consequences when family rules are broken. Children who do not follow family rules today may break laws tomorrow.
6. Clearly state consequences of failure to follow family rules. Consequences are **not negotiable**.
7. Be aware that many in the community put children's buying power above children's well-being. Don't expect the community to reinforce family values.
8. Don't assume that the parents of all your children's friends have the same rules you do. Some have different rules, some have none.
9. Believe that children want rules to guide them. Allow them to paint you as the "bad guy."
10. If necessary, love your children enough to let them hate you for a while.
11. Remember that teenagers need parental supervision as much as toddlers do. It's just a different kind.
12. Know that children are never too big for a hug. Even when they are grown.