

Family Strategies Effective in Alcohol/Drug Use Prevention

1. Model appropriate and legal use;
2. Model fun with no use;
3. State your expectations of your youngster very clearly;
4. Make it a family matter (as opposed to just a one-on-one issue);
5. Parents agree or agree to agree;
6. Start talking with your kids early!;
7. Be willing to call other parents, especially about parties – begin to make that a normative behavior.
Assure your child you'll do whatever it takes to make sure they are safe and that is the way it is going to be – make clear it is not negotiable;
8. Resist adult peer pressure;
9. Utilize parent support groups when needed – remember, parenting is difficult! Get all the help you can;
10. Pick your battles wisely – cut slack in a lot of areas that really don't matter. Choose areas where the rebellion is self-destructive and take a stand;
11. Use teachable moments;
12. Allow kids to question any of your current use and try to hear them out;
13. Support alcohol free activities;
14. Devise alcohol free activities;
15. Model alcohol free activities;
16. Educate yourself about the effects of alcohol and drugs and tell the truth about the effects to your children;
17. Teach refusal skills!
18. Keep sharing regarding your own history of use to a minimum; “If you did it then I guessShare about your own history of use only as absolutely needed
19. Seek help if necessary – don't wait any longer than needed.

As adapted by the writings of Suzanne R.. Parker, M.D.