

**KEEPING YOUR CHILDREN HEALTHY AND DRUG FREE
HELP FOR PARENTS**

GREATER DALLAS COUNCIL ON ALCOHOL AND DRUG ABUSE
214-522-8600 www.gdcada.org

Tell your teen what you expect. It's important that your teen knows what you expect. Tell your teen that you do not want him or her using marijuana, other illicit drugs, or alcohol. As your teen enters middle school and then high school, your child will be at greater risk of using marijuana and alcohol if you have not made your expectations clear. Here are some ways you can tell your teens what you expect:

"I've been thinking lately that I've never actually told you this: I don't want you using marijuana, alcohol, tobacco or any drugs."

"The rule in our house is that nobody uses drugs."

If your teen breaks the rules. Parents need to enforce rules consistently and fairly. If your teen uses drugs, despite knowing that you do not approve of drug use, establish punishment for breaking the rules. Here are some ideas: Restrict television and Internet use; suspend outside activities, such as going to the mall or to the movies; do not allow telephone calls or any contact with friends for a week.

Parenting skills to keep your children healthy and safe. It's not easy being a parent, especially when you're talking about touchy subjects such as drugs. Experts say that to create an environment that combines words with action you should:

- Get involved in your teens' lives. Know what your children are doing – their activities and how they spend their time.
- Always know where your child is when he or she is away from home.
- Ask your teen to check in with you regularly.
- Know who your teen's friends are.
- Get to know the parents of your teen's friends.
- Set limits with clear rules and consequences for breaking them.
- Praise and reward good behavior.

If they are using drugs. It's not always easy to tell when teens are using drugs, because many signs or symptoms are common for youth this age. While there is no single warning sign for drug or alcohol use, some signs to look for include:

- Skipping classes or not doing well in school.
- Hostility or lack of cooperation.
- Borrowing money often, or suddenly having extra cash.
- Significant mood changes.
- Change in friends.
- Unusual odors on their clothes or in their room.
- Physical changes (red eyes, runny nose).
- Lack of interest in activities.
- Loss of interest in personal appearance.
- Heightened secrecy about actions or possessions.

If you think your child is using drugs, call one of these numbers for more information or to schedule a free assessment. These programs are low or no cost for those who qualify.

Dallas Challenge/Phoenix Project	214-942-5166	(M/F)	13 - 17 outpatient
Nexus Recovery Center	214-321-0156	(F)	13 – 17 residential
Phoenix House	214-999-1044 x 3156	(M/F)	13 – 17 residential/out patient
Holmes Street	214-421-7580	(M)	13 – 17 residential and outpatient