

What can I do... to prevent my kids from using drugs?

- 1. Educate yourself** - Learn about alcohol and other drugs.

say "no" in situations when drugs are being offered.
 - 2. Be a good example** - Your behaviour can greatly influence your children's behaviour.
 - 3. Help your kids feel good about themselves** - Children who feel good about themselves are less likely to try drugs and alcohol. Communicate with them regularly and listen to them. Let them know you love them. Praise and encourage them.
 - 4. Be a part of their lives** - Make time for your children. Take an interest in their interests. Get to know their friends.
 - 5. Set clear rules** - Most children expect and want ground rules from their parents. Once you have rules, stick to them and enforce them.
 - 6. Teach them how to say "no"** - Role-play scenarios with your children so they will be prepared to
- 7. Be honest** - If your children ask, don't pretend to know everything about drugs. Be prepared to say, "I don't know but I will try to find out."
 - 8. Pick the right moment** - Use "teachable" moments to discuss drugs with your children.
 - 9. Nip problems in the bud** - If you think that your child has used or tried drugs, don't ignore it. The problem will not just go away on its own. Approach the topic calmly with your child.
 - 10. Share your healthy beliefs and values** - Make sure your children understand your feelings about them not using drugs.
 - 11. Provide them with alternative activities** - Encourage your children to meet new kids and join different groups.

TIPS TO PREVENT YOUR CHILD FROM USING DRUGS:

- Educate yourself about drugs
- Be a good example
- Set clear rules
- Teach your child to say "no"



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Resources & Information

If you need free and confidential help or information about drugs, the following services and resources are available:

Addiction Outreach Muskoka-Parry Sound

Offices in Bracebridge, Gravenhurst, Huntsville, Sundridge, Burk's Falls and Parry Sound.

In West or East Parry Sound call:
1-800-668-5192

In Muskoka call 1-800-668-1856

Family, Youth & Child Services of Muskoka

Bracebridge – 645-4426
Huntsville – 789-8866

Algonquin Child & Family Services

Bracebridge – 645-3155
Parry Sound – 746-4293
Sundridge – 384-5225

Muskoka-Parry Sound Health Unit

Bracebridge – 645-4471
Huntsville – 789-8813
Burk's Falls – 382-2018
Parry Sound – 746-5801
Website: www.mpslu.on.ca

"How to Drug Proof Your Kids" Program

Contact the Huntsville office of the Muskoka-Parry Sound Health Unit

Centre for Addiction & Mental Health

1-800-463-6273
website: www.camh.net

Canada's Drug Strategy

www.hc-sc.gc.ca/hppb/cds-sca/cds

Canadian Centre on Substance Abuse

www.ccsa.ca

Health Canada Tobacco Control Initiative

www.hc-sc.gc.ca/hppb/tobaccoreduction

Canadian Cancer Society Tobacco Reduction

www.cancer.ca

Canadian Health Network

www.canadian-health-network.ca

National Clearinghouse on Tobacco and Health Program

www.ncth.ca



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This information is provided by the RISK Project of Muskoka-Parry Sound. For information contact the Muskoka-Parry Sound Health Unit at (705) 789-8813 or 1-800-563-2808.