

Have You Asked Them....

Who? What? When? Where?

The role of parents, caregivers, and adults is important in keeping youth drugfree. By monitoring kids' activities and keeping in touch with them by asking questions such as *w h o* they are going to see, *w h a t* they are going to do, *w h e r e* they will be, and *w h e n* they will be back, parents can influence young people's decisions to be drugfree. The right environment is important for kids. These questions help to create that environment. Although youth may not be enthusiastic about providing answers to these questions, parents should remember it is not pestering, it is parenting **that they are doing.**

DID YOU KNOW...

Fact:

37% of parents of teens say that their teen has been offered drugs, but **54%** of teens say they have been offered drugs.

Fact:

39% of parents say that their teen thinks there is great risk in trying marijuana once or twice, but **16%** of teens say there is a great risk in trying marijuana once or twice.

Fact:

Nearly **90%** of teens will try alcohol.

Fact:

40% of teens say they expect to use drugs in the future.

Fact:

One out of every **five** kids in the 8th grade has already tried marijuana.



The ASBDC is a partnership program with the U.S. Small Business Administration and the University of Arkansas at Little Rock.

**For more information on ASBDC
call 800-862-2040**

**or
log on to asbdc.ualr.edu**

A GUIDE FOR
PARENTS OF
YOUTH:

KEEPING YOUR
KIDS DRUGFREE

When?
When?
What?
What?
Who?
Who?
Where?
Where?

It's Parenting Not Pestering!

UALR's Arkansas Small Business Development Center
U.S. Small Business Administration
Paul D. Coverdell Drug-Free Workplace program.

PARENTS:

1. **Talk** and **listen** to your child(ren).

Teens who learn anti-drug messages at home are 42% less likely to use drugs.

2. **Make sure *your message* is clear:**

No drugs, no tobacco, and no alcohol.

If kids abstain from drugs until age 21, they are unlikely to ever use drugs.

3. **Set** clear rules and **enforce** them.

Make sure kids know the rules and the consequences for breaking them.

Punishments should be no longer than three weeks. If punishments are too long kids forget why they are being punished.

4. **Be involved** in your kids' lives.

Use this time to address serious issues, but also use it to hang out and have fun.

5. **Praise** and **Reward** good behavior.

Two-thirds of kids say that losing their parents' respect and pride is one of the main reasons they don't use drugs.

Knowledge is Power!

Arm yourself with facts about drugs and use them to make a difference in you and your child's life.

For More Information...

www.TheAntiDrug.com

www.health.org

www.NIDA.NIH.gov

www.drugfreeamerica.org

Growing Up Drug-Free
U.S. Department of Education
1-877-433-7872

Keeping Youth Drug-Free,
U.S. Department of Health and Human Services, Center for Substance Abuse Prevention
1-800-729-6686
or
www.samhsa.gov

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