



TALKING TO YOUR KIDS ABOUT DRUGS AND ALCOHOL

Don't put off talking to your child about alcohol and other drugs. Kids worry about pressure to use alcohol and other drugs even in elementary grades. Parents must become involved. A main reason children choose not to use drugs is they are afraid of disappointing their parents—SO TALK TO THEM NOW! Here are some tips for raising drug-free children in the twenty first century:

- LISTEN TO YOUR CHILD. Pay careful, thoughtful attention.
- Encourage healthy and creative activities. Emphasize the importance of good health. Discuss the difference between medicine and illegal drugs. Help your child get involved in hobbies, after-school activities, or sports.
- Help your child feel good about themselves and develop strong values. Relate the fact that you place high value on your child's special qualities and drugs will destroy those qualities.
- Educate yourself and talk to your child about alcohol and other drugs. Teach them ways to say NO.
- Teach you child about PEER-PRESSURE.
- Know what to do if you suspect a problem. Beware of sign and symptoms of drug use. Seek advise from a professional—a counselor, a religious leader, or someone at a local treatment center.
- Team up with other parents. Form or join a parent group that provides information on child rearing. LISTEN AND TALK TO YOUR CHILD!!!

To get more information on talking to your kids about drugs and alcohol visit the Parents, The Anti-Drug website. <http://www.theantidrug.com/>



FOR CRIMES IN PROGRESS DIAL 9 1 1
NON-EMERGENCY DISPATCH NUMBER: 372-3375
WEST SACRAMENTO POLICE DEPARTMENT
CRIME PREVENTION UNIT
(916) 617-4937