

Get the facts

If you are well informed about alcohol and other drug use, it will be easier to recognize and react to substance abuse.

- Know the types of drugs most commonly used (remember that alcohol is also a drug), what they look like and the dangers associated with each.
- Be able to identify paraphernalia associated with each drug.
- Be familiar with the street names of drugs.
- Know the signs of alcohol or other drug use and be alert for changes in your child's behavior or appearance.
- Know how and where to get help promptly if you suspect your child may be using alcohol or other drugs.

Building resilient youths

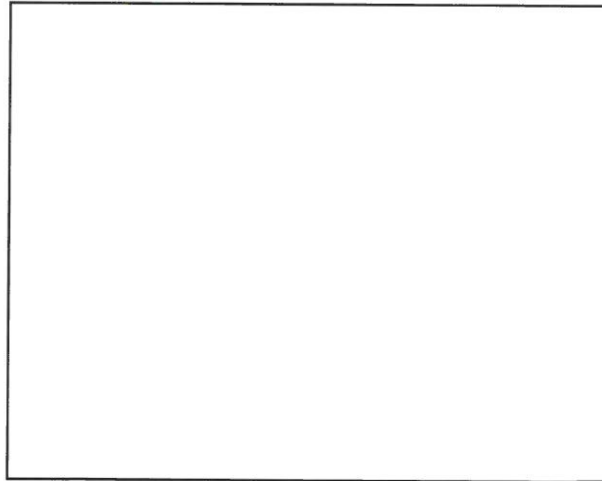
Research tells us that children with resilient qualities — good problem-solving skills, social competence, strong self-identity and healthy expectations — are less likely to become involved with alcohol and other drug use. Adults can provide the elements to build resiliency in young people. These elements are:

- **An adult who cares.** To reach a productive and healthy adulthood, youths need the care and support of adults they love. Resilient children usually have at least one adult in their lives whom they trust — an adult who encourages and guides them. Not only parents, but teachers, coaches, counselors and other mentors can make a big difference in a youth's development.
- **Successful youths and supportive adults.** Youths must know that the adults in their lives feel they are capable, valuable people. They also must learn that effort and education lead to achievement.

- **Getting involved.** The more involved we are with youths, the more we know about their lives and the less alienated they will be. When youths know what meaning and value you give to life, they will be much less likely to find life pointless and more apt to respect the values they have learned.

Help is available

Just talking about your problems sometimes leads to new solutions. If you or someone you know needs information, guidance or help, contact the resource and number listed below or look in the yellow pages for local professionals who can help.



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PREVENTING ALCOHOL AND OTHER DRUG USE

