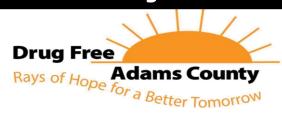
Drug Free Adams County

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Back to School: Use These Great Tips

Whether your students are attending school in-person or online, it is important for parents to stay aware. According to the Partnership for Drug-Free Kids, on any given school day, approximately:

- 4,000 teens will use an illicit drug for the first time;
- 3,500 teens will smoke a cigarette for the first time;
- 7,000 teenagers will drink alcohol for the first time; and
- 2,000 teens will use their first prescription painkiller without a doctor's note.

Tips to Keep Your Kids Safe

Research suggests one of the most important factors in healthy child development is a strong, open relationship with a parent. Keep these tips in mind as the school year resumes:

- 1. Express disapproval of underage drinking and other drug use.
- 2. Show you care about your child's health, wellness, and success.
- Show you're a good source of information about alcohol and other drugs.
- 4. Show you're paying attention and discourage risky behaviors.
- 5. Build your child's skills and strategies for avoiding underage drinking and drug use.

Remember: even if you don't think your child wants to drink or try other drugs, peer pressure can be powerful. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your child about what they would do if faced with a decision about alcohol and drugs, such as texting a code word to a family member or practicing how they'll say, "no thanks."

For more information, please visit our website: www.DrugFreeAdamsCounty.org