

# Drug Free Adams County

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**Drug Free**

**Adams County**  
*Rays of Hope for a Better Tomorrow*

## 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.
3. 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](http://www.DrugFreeAdamsCounty.org)**