

# Drug Free Adams County

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Drug Free

Adams County  
Rays of Hope for a Better Tomorrow

## School Days – Stay on the Path to Success

It's back to school time, a time for new classes, and maybe new schools and friends. For some families, it can also mean more unsupervised time for kids. Between 3:00-6:00pm is when kids are most likely to make risky decisions, especially with regard to drugs and alcohol. Stress or anxiety about school can increase these possibilities.



## How to Ensure Your Children are on the Path to Success

- **Family Engagement:** Engaged families can lead to better student behavior, higher academic achievement, and enhanced social skills.
- **Share Empowering Messages:** Remind your children of their full potential, that you believe in them, and that they are not alone.
- **Connect and Communicate:** Know your children's friends and their parents, and ensure healthy environments with clear expectations and boundaries. Underage drinking should not be condoned or tolerated.
- **Get Enough Sleep:** Insufficient sleep can result in: behavior, cognitive, and social issues; aggressiveness; and poor judgement and decision making.

**Research indicates that the primary reason kids avoid alcohol, tobacco, or drugs is because it would disappoint their parents. Therefore, parents need to develop strong relationships with their children, be a positive influence, and maintain an open dialogue about substance abuse – the earlier, the better.**

For more information, please visit our website: [www.DrugFreeAdamsCounty.org](http://www.DrugFreeAdamsCounty.org)