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Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

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Know! Your Childs Foundation For Motivation

*"10 The name of the Lord is a fortified tower;
the righteous run to it and are safe." Proverbs 18:10*

As the summer months approach, you can expect alcohol and other drug-use among youth to rise. What will your child say if he/she is offered a drink, a smoke or a pill at a summer gathering? Of course we all want to think our child would scream out, "No Way!" But unfortunately, it doesn't always happen quite like that.

Among the various reasons youth choose to use alcohol, marijuana and other drugs (especially as they enter into and navigate through their teen years) is that they are made to believe everyone else is doing it. But the fact is, the majority of youth are not drinking, smoking or using other drugs - that's the good news! And it is good news to be shared with your child. For a young person to know he or she is not alone in the decision to be drug-free can help to alleviate the pressure to join-in with the "drug-using" minority.

There are many different things that motivate youth to make the choice to be drug-free. For some, it is not wanting to risk their academic futures; for others, it is not wanting to risk their ability to perform and compete in their given sport; and for many, it is a combination of reasons, including not wanting to disappoint certain important people in their lives, including their parents. Regardless of why an adolescent makes the decision not to use, it is the right choice.

Has your child found his or her motivation for choosing to be drug-free? If not, it is your job to help him/her find it.

"I am working toward an academic scholarship..."

"I care about my sport and I care about my teammates..."

"I have earned my parents' trust because of the decisions I have made..."

"I know alcohol and other drug use can ruin my friendships..."

"I know that being intoxicated makes me more vulnerable to assault..."

"I exercise, eat right and care about my appearance and health..."

"...And I am NOT willing to risk that."



Empowering Parents To Raise Their Children To Be Substance-Free

Talk early and often about alcohol, tobacco and other drugs. Even when it gets tough.



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We are not suggesting these quotes serve as a young person's verbal response when offered a drink, for example. They are simply to be used as a starting point to figure out what motivates your individual child. Once that foundation of motivation is established, it will help solidify the decision in your child's mind, to not only believe it, but to live it.

Other Verses to Consider:

1 Corinthians 10:13

Philippians 4:13

James 1:2-4

Isaiah 43:18-21

Isaiah 55:6

Psalms 34:17

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