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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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DrugFreeActionAlliance.org

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Know! To Pledge Your Support For Prevention

The start to a new school year is fast-approaching. Are you aware that as your adolescent progresses into higher grades, his or her risk for first-time use of alcohol, marijuana or other drugs is also rising? For students transitioning into middle school, junior high or high school, as well as those moving into a new school system, the onset of substance use can be as high as triple.

A frightening statistic? Yes! A call for parents and other caregivers to be especially vigilant in their prevention efforts? Absolutely! The good news is that family and other influential adults in a child's life play the most important roles in determining how he or she will handle the lure of alcohol and other drugs during adolescence. In fact, you can automatically cut your son or daughter's risk for use in half, simply by keeping the lines of communication open and talking regularly with your child about the dangers of drinking, smoking and using other drugs.

What better time than now to show your child you care by making an official commitment to support his or her positive lifestyle choices surrounding substance use, than by taking the **Know! Pledge**. You are encouraged to read and sign the pledge, then post it on the fridge or other highly visible spot to serve as a tangible reminder of your commitment to prevent and reduce substance use among youth.

The **Know! Pledge** is as follows:

1. *I will talk regularly with my children to make sure they are aware that I support their positive choices and am here to assist them in resisting negative influences.*
2. *I will not support underage consumption of alcohol, tobacco or other drugs.*
3. *I will adhere to the law and health guidelines surrounding the use of alcohol and other drugs.*

Signature(s) _____

Date _____

This pledge is a great starting point, however, it is only the beginning. Ongoing **communication, information, education** and **participation** are all key aspects that need to accompany your pledge in order to be effective. These fundamental factors will be further explored throughout the school year.



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

Empowering Parents To Raise Their Children To Be Substance-Free



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In the meantime, keep these basic parent and caregiver prevention tips in mind:

- Spend time with your child and know what's happening in his or her daily life
- Maintain open communication that involves non-judgmental conversation (listening more than you talk)
- Talk about substances and the dangers they pose to one's health, relationships and future
- Help your child find his or her personal reason to refuse substances and practice saying 'no'
- Set limits, curfews and clear expectations for your child's non-use of alcohol and other drugs
- Use TV shows, music lyrics, the morning news, etc. as teachable moments, whenever possible, to talk about the negatives of substance abuse
- Get to know your child's friends and their friends' parents
- Help your son or daughter find something positive to do with their time

Know! strives to increase your knowledge on alcohol, marijuana and other drugs and provide you with talking points and conversation starters to engage your child in conversation and prevent substance use.

For a review of past tips visit the [Know! Parent Tip Archive](#).

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