



Parents play a vital role in preventing youth drug use.

Parents can help prevent their child from trying illegal drugs like tobacco, alcohol, prescription drugs, and other substances through:

- Family bonding time,
- Open communication,
- Enforcing family policies on substance abuse,
- Parent monitoring, praise, and support

Becoming educated about drugs and the harmful effects they have on a person and families will help open opportunities for discussion.

Positive parenting starts with you.

For more information on...

risk and protective factors:

www.youth.gov

health information:

www.nih.gov

conversations with kids of all ages:

www.drugfree.org

how to get involved:

www.lightunitedred.org



LIGHT & UNITE RED.

Protective Factors

Risk Factors

Conversation Starters

*to prevent
substance
abuse*

Risk factors increase a person's chance for drug use.

Protective factors can help prevent drug use.

Infancy/ Early Childhood

Risk Factors	<ul style="list-style-type: none">•Difficult temperament•Cold and unresponsive mother behavior•Parental modeling of drug/alcohol use
Protective Factors	<ul style="list-style-type: none">•Reliable support and discipline from caregivers•Responsiveness•Protection from harm and fear•Opportunities to resolve conflict•Adequate socioeconomic resources

Middle School

Risk Factors	<ul style="list-style-type: none">•Poor impulse control•Mental health diagnosis•Substance use among role models•Lenient parenting	<ul style="list-style-type: none">•Family conflict or violence•Inconsistent discipline•Poor school connections
Protective Factors	<ul style="list-style-type: none">•Positive school experience•Follow rules•Able to make friends	<ul style="list-style-type: none">•Consistent, language-based discipline•Positive support system

Adolescent

Risk Factors	<ul style="list-style-type: none">•Negative emotions•Difficulty coping•Rebellious•Favorable attitude towards drugs or experimentation•Antisocial behavior	<ul style="list-style-type: none">•Substance use among parents and peer group•Failure or low commitment in school•Lack of adult supervision•Aggression•Availability of substances
Protective Factors	<ul style="list-style-type: none">•Positive physical and emotional health•Good coping and problem solving skills•Engaged in school, peers, athletics, a job, religion, or culture•Strong family structure, limits, rules, monitoring, predictability	<ul style="list-style-type: none">•Mentors•Positive norms•Safe environment•Supportive relationships and clear expectations with family

Start the Conversation

Use open-ended question that show care and concern.

Instead of: "How do you get yourself into these situations?"

Say: That sounds like a difficult situation. Were you confused?"

Encourage problem-solving thinking.

Instead of: "What did you think was going to happen?"

Say: "What do you think would have been a better way to handle that?"

Plan a good time to talk with your child. Actively listen to what they say. Stay calm to control your thoughts and actions.

