



## WHAT CAN HIGH SCHOOL PARENTS DO?



Safe and Drug-Free  
**Clay County**

COALITION FOR A  
SAFE AND DRUG-FREE CLAY COUNTY  
TOM DAY MALL  
46 CHURCH STREET, SUITE 20  
P.O. Box 11  
HAYESVILLE NC 28904  
828.289.6557  
[SAFEANDDRUGFREECLAYCOUNTY@GMAIL.COM](mailto:SAFEANDDRUGFREECLAYCOUNTY@GMAIL.COM)  
[WWW.DRUGFREECLAYCOUNTY.COM](http://WWW.DRUGFREECLAYCOUNTY.COM)



## WHAT CAN ELEMENTARY SCHOOL PARENTS DO?



Safe and Drug-Free  
**Clay County**

COALITION FOR A  
SAFE AND DRUG-FREE CLAY COUNTY  
TOM DAY MALL  
46 CHURCH STREET, SUITE 20  
P.O. Box 11  
HAYESVILLE NC 28904  
828.289.6557  
[SAFEANDDRUGFREECLAYCOUNTY@GMAIL.COM](mailto:SAFEANDDRUGFREECLAYCOUNTY@GMAIL.COM)  
[WWW.DRUGFREECLAYCOUNTY.COM](http://WWW.DRUGFREECLAYCOUNTY.COM)



## WHAT CAN MIDDLE SCHOOL PARENTS DO?



Safe and Drug-Free  
**Clay County**

COALITION FOR A  
SAFE AND DRUG-FREE CLAY COUNTY  
TOM DAY MALL  
46 CHURCH STREET, SUITE 20  
P.O. Box 11  
HAYESVILLE NC 28904  
828.289.6557  
[SAFEANDDRUGFREECLAYCOUNTY@GMAIL.COM](mailto:SAFEANDDRUGFREECLAYCOUNTY@GMAIL.COM)  
[WWW.DRUGFREECLAYCOUNTY.COM](http://WWW.DRUGFREECLAYCOUNTY.COM)

## MIDDLE SCHOOL

- TAKE A STRONG STAND AGAINST DRUGS.
- EXPLAIN HOW ANYTHING TAKEN IN EXCESS, EVEN COUGH SYRUP OR ASPIRIN CAN BE DANGEROUS.
- TEACH YOUR CHILD GOOD DECISION-MAKING SKILLS WHEN CHOOSING FRIENDS AND TRYING TO FIT IN.
- HELP YOUR CHILD DEVELOP AN “ANTI-DRUG” ATTITUDE.
- EXPLAIN THE IMMEDIATE EFFECTS OF TOBACCO, ALCOHOL AND OTHER DRUGS ON DIFFERENT PARTS OF THE BODY, INCLUDING RISKS OF COMA OR FATAL OVERDOSE.
- EXPLAIN LONG TERM CONSEQUENCES: HOW AND WHY DRUGS CAN BE ADDICTING AND MAKE USERS LOSE CONTROL OF THEIR LIVES.
- PRACTICE POTENTIAL SCENARIOS IN WHICH KIDS OFFER DRUGS: “THAT STUFF IS BAD FOR YOU,” “MY MOM WOULD HAVE A FIT IF I DRANK A BEER,” “I’M NOT GOING TO GET CANCER!”
- KNOW CURRENT POLICIES REGARDING TOBACCO, ALCOHOL AND OTHER DRUGS AT HMS.
- FAMILIARIZE YOURSELF WITH HOW DRUG EDUCATION IS TAUGHT AT HMS:
  - MENDEZ TOO GOOD FOR DRUGS
  - S.A.D.D.
  - WINNER AND LISTEN MAGAZINES
- IMMERSE YOURSELF IN THE SCHOOL’S DRUG EDUCATION PROGRAM AT HOME AND REVIEW MATERIALS WITH YOUR CHILD.
- PARTICIPATE IN THE ANNUAL PRIDE SURVEY.
- TALK TO YOUR CHILD ABOUT DRUGS. MOST KIDS WISH THEIR PARENTS WOULD!
- SET CURFEWS.
- HAVE ADULT SUPERVISION FOR YOUR CHILD WHEN YOU ARE NOT GOING TO BE HOME.
- GET TO KNOW THE PARENTS OF YOUR CHILD’S FRIENDS.
- CALL PARENTS WHOSE HOME IS USED FOR A PARTY TO MAKE SURE NO ALCOHOL OR OTHER DRUGS WILL BE PROVIDED AND THAT THERE IS ADEQUATE SUPERVISION.
- MAKE IT EASY FOR YOUR CHILD TO LEAVE A PLACE WHERE SUBSTANCES ARE BEING USED.
- BE INVOLVED IN YOUR CHILD’S ACTIVITIES.
- EAT MEALS AS A FAMILY.
- PRAY FOR ALL CHILDREN AND THEIR FAMILIES.

## ELEMENTARY SCHOOL

- DISCUSS WHY CHILDREN NEED HEALTHY FOOD. HAVE YOUR CHILD NAME THEIR FAVORITE GOOD FOODS AND EXPLAIN WHY THEY CONTRIBUTE TO HEALTH AND STRENGTH.
- SET ASIDE REGULAR TIMES WHEN YOUR CHILD HAS YOUR FULL ATTENTION.
- PROVIDE GUIDELINES LIKE PLAYING FAIR, SHARING, TELLING THE TRUTH...SO YOUR CHILD KNOWS THE BEHAVIOR YOU EXPECT.
- ENCOURAGE YOUR CHILD TO FOLLOW INSTRUCTIONS AND ASK QUESTIONS IF THEY DON’T UNDERSTAND.
- WHEN YOUR CHILD IS FRUSTRATED, USE THAT OPPORTUNITY TO STRENGTHEN PROBLEM-SOLVING SKILLS
- POINT OUT POISONOUS AND HARMFUL SUBSTANCES IN THE HOME: BLEACH, DRAIN CLEANER, ETC, READ THE WARNING LABEL ALOUD TO YOUR CHILD. EXPLAIN THAT NOT ALL BAD THINGS HAVE WARNING LABELS.
- KNOW SCHOOL POLICIES REGARDING TOBACCO, ALCOHOL AND OTHER DRUGS AT HES.
- FAMILIARIZE YOURSELF WITH HOW DRUG EDUCATION IS TAUGHT AT HES: MENDEZ TOO GOOD FOR DRUGS AND DARE.
- EXPLAIN THAT MEDICATIONS FROM A DOCTOR AND ADMINISTERED BY A RESPONSIBLE ADULT MAY HELP A PERSON BUT HARM OTHERS.
- EXPLAIN HOW FOODS, POISONS, MEDICINES AND ILLEGAL DRUGS DIFFER.
- EXPLAIN WHY SOME ADULTS MAY DRINK ALCOHOL BUT CHILDREN MAY NOT, EVEN IN SMALL AMOUNTS BECAUSE IT IS HARMFUL TO DEVELOPING BRAINS AND BODIES.
- PRAISE YOUR CHILD FOR TAKING GOOD CARE OF THEIR BODIES AND AVOIDING THINGS THAT MIGHT HURT THEM.
- IMMERSE YOURSELF IN THE SCHOOL’S DRUG EDUCATION PROGRAM AT HOME AND REVIEW MATERIALS WITH YOUR CHILD.
- PARTICIPATE IN THE ANNUAL PRIDE SURVEY.
- HAVE ADULT SUPERVISION FOR YOUR CHILD IF YOU ARE NOT GOING TO BE HOME.
- GET TO KNOW THE PARENTS OF YOUR CHILD’S FRIENDS.
- BE INVOLVED IN YOUR CHILD’S ACTIVITIES.
- EAT MEALS AS A FAMILY.
- PRAY FOR ALL CHILDREN AND THEIR FAMILIES.

## HIGH SCHOOL

- PRAISE AND ENCOURAGE YOUR CHILD TO MAKE POSITIVE CHOICES.
- LET YOUR CHILD KNOW THAT NOT ONLY ARE DRUGS HARMFUL BUT DEADLY.
- EXPLAIN HOW DRUGS CAN RUIN THE CHANCE OF GETTING INTO A GOOD COLLEGE, ACCEPTANCE INTO THE MILITARY OR BEING HIRED FOR A GOOD JOB.
- DRUG USE IS NOT A VICTIMLESS CRIME; IT HAS A NEGATIVE EFFECT ON THE USER, THE FAMILY, THE COMMUNITY AND THE WORLD.
- LEARN ABOUT CURRENT POLICIES REGARDING TOBACCO, ALCOHOL AND OTHER DRUGS AT HHS.
- FAMILIARIZE YOURSELF WITH HOW DRUG EDUCATION IS TAUGHT AT HHS:
  - MENDEZ TOO GOOD FOR DRUGS AND VIOLENCE
  - S.A.D.D.
  - WINNER AND LISTEN MAGAZINES
- IMMERSE YOURSELF IN THE SCHOOL’S DRUG EDUCATION PROGRAM AT HOME AND REVIEW MATERIALS WITH YOUR CHILD.
- PARTICIPATE IN THE ANNUAL PRIDE SURVEY.
- TALK TO YOUR CHILD ABOUT DRUGS. MOST KIDS WISH THEIR PARENTS WOULD!
- EXPLAIN LONG TERM EFFECTS OF DRUGS:
  - LACK OF CRUCIAL SOCIAL AND EMOTIONAL SKILLS
  - RISK OF LUNG CANCER AND EMPHYSEMA FROM SMOKING
  - FATAL OR CRIPPLING CAR WRECKS
  - LIVER DAMAGE FROM HEAVY DRINKING
  - ADDICTION, BRAIN COMA, DEATH
- SET CURFEWS.
- HAVE ADULT SUPERVISION FOR YOUR CHILD IF YOU ARE NOT GOING TO BE HOME.
- GET TO KNOW THE PARENTS OF YOUR CHILD’S FRIENDS.
- CALL PARENTS WHOSE HOME IS USED FOR A PARTY TO MAKE SURE NO ALCOHOL OR OTHER DRUGS WILL BE PROVIDED AND THAT THERE IS ADEQUATE SUPERVISION.
- MAKE IT EASY FOR YOUR CHILD TO LEAVE A PLACE WHERE SUBSTANCES ARE BEING USED.
- BE INVOLVED IN YOUR CHILD’S ACTIVITIES.
- EAT MEALS AS A FAMILY.

