

How to Help Your Child Stay Away from Drugs



I wish there was an easy solution to this problem. There is not. Even kids from families who do everything right can still find their way to drugs and become addicted. There are some common sense things though that will help.

The first is to remember that **YOU** are the parent. You are the one in charge, not your child. It is your job – not the school – not the church – not law enforcement – to raise your child to be a responsible adult and member of society. It takes courage and determination to be a parent!

You can be friends with your child later in life. Now you must be the parent, to be the bad guy when necessary. This means conflict. Your child will naturally resist your authority. It is **HARD** to set limits and stick with them. It takes resilience and a willingness to learn from mistakes. All parents make mistakes. All parents wear down after a while. So we need to cheer each other on – you can do this!

12 REASONS TEENS TAKE DRUGS

- 1) Their friends take drugs.
- 2) Affirmation of popular media.
- 3) It seems grown-up to do so.
- 4) Curiosity.
- 5) The thrill of the forbidden.
- 6) Pleasure from an altered state of consciousness.
- 7) Help with depression and anxiety.
- 8) Escape stress in the family.
- 9) Anger at authoritarian parents.
- 10) Relieve boredom. Too much time on their hands.
- 11) Overuse of prescribed medication.
- 12) They see parents intoxicated and using drugs.

DRUGS HAVE BEEN AROUND FOR A WHILE. WHY THE CRISIS NOW?

At least four reasons:

- 1) These drugs are FAR more powerful and available.
- 2) Kids have more money and more time on their hands.
- 3) Chronic anxiety and depression has dramatically increased.
- 4) Many teens have no religious foundation to live from.

16 THINGS PARENTS CAN DO TO PREVENT DRUG ABUSE

- 1) Lock-up and keep a count of unused prescriptions in the home.
- 2) Educate children early and often about the hideous dangers of drug abuse.
- 3) Insist children do their chores before play. This builds in them responsibility and trains them to delay their impulses.
- 4) Deliberately delay their gratification, especially when kids are young. Routinely say “no” rather than “yes” when children ask for toys and treats. Have them WAIT and EARN their reward.
- 5) Insist that teens earn their money. “Free” money teaches the wrong lesson and may be used to buy drugs.
- 6) Establish family rules and boundaries. Kids both resist and yearn for predictability and limits.
- 7) Practice listening to your child in a non-judgmental way. Apologize when YOU overreact to a situation.
- 8) Establish a climate of openness and consistent loving accountability. Reward honesty with lighter consequences. Nothing angers a child more than unfairness and unpredictable punishment.
- 9) Show children personally how certain media falsely glamorizes drugs and risky behavior – and does not show the consequences.
- 10) Take your children to be with other responsible children. Find out about their friends and families!
- 11) Hold frequent family outings and family dinners. These build security and good memories.
- 12) Teach your child various ways to say “no.” Use a secret phone code to rescue them – so they can safely make the excuse, “My parents are too strict! They are making me come home now!”

- 13) Challenge your kids to think through the nature of REAL friendship and real loyalty.
- 14) Keep the kids busy after school with work, sports, clubs, etc.
- 15) If you drink, model responsible habits, including designated driver.
- 16) If you are religious, pray regularly and openly with your children. Find a church with a strong youth program. Good congregations will have many adults who can also “be there” for your own children.

IF YOU SUSPECT DRUG USE

You MUST deal with it. You cannot shy away for fear of your teen’s reaction. Find a time when YOU can be calm. You can insist on a drug test. Confiscating the cell phone can be major leverage. For other help you may want to check <https://www.getsmartaboutdrugs.gov/>. In addition, www.dea.gov has a comprehensive booklet in PDF “GROWING UP DRUG FREE: A PARENT’S GUIDE TO PREVENTION.”

LOCAL HELP FOR YOUR CHILD WITH A DRUG ADDICTION

ADOLESCENTS

The Insight Program 920 Blairhill Road, Suite B-103, Charlotte, NC 28217

Dilworth Center 2240 Park Rd, Charlotte, NC 28203

Anuvia Prevention Center, 100 Billingsley Rd, Charlotte, NC 28211

McLeod Addictive Disease Center, 521 Clanton Road, Charlotte, NC 28217

Legacy Treatment Center, 4944 Parkway Plaza Blvd #200, Charlotte, NC 28217

YOUNG ADULTS 18 AND OVER

The Blanchard Institute, 10348 Park Rd, Charlotte, NC 28210

Choices for Recovery, 200 Queens Rd #102, Charlotte, NC 28204

Hopeway, 1717 Sharon Rd W, Charlotte, NC 28210

Rev. Scott Hilborn
Banks Presbyterian Church, 10012 New Town Road, Marvin, NC 28173
<https://www.facebook.com/BanksPresbyterian>
www.bankspresbyterianchurch.org