



**YOU are the Only Thing Between Children and ALCOHOL & DRUGS**

It's not always easy to tell when teens are using drugs because many signs or symptoms are common for youth this age. While there is no single warning sign for drug or alcohol use, some signs to look for include:

- Skipping classes or not doing well in school
- Unusual odors on their clothes or in their room
- Hostility or lack of cooperation
- Physical changes (red eyes, runny nose)
- Borrowing money often, or suddenly having extra cash
- Lack of interest in activities
- Significant mood changes
- Loss of interest in personal appearance
- Change in friends
- Heightened secrecy about actions or possessions

*The #1 reason kids choose not to use drugs or alcohol is because they don't want to disappoint their parents.*

**So...What Can YOU Do?**

- ✓ Remember **The Power of Parents:** Teenagers still listen to their parents more than anybody else.
- ✓ **Provide** clear and consistent rules and consequences.
- ✓ **Spend time** together as a family.
- ✓ **Know** your child's whereabouts at all times. Make sure their social environment is alcohol and drug free.
- ✓ **Get to know** your child's friends and their parents.
- ✓ **Don't be afraid** to ask questions and search your child's room and belongings if you suspect that s/he is using drugs/alcohol or is involved in other risky behaviors.
- ✓ **Be proud** of them, and praise them when they do something good.
- ✓ **Let them know** that you disapprove of, and will not tolerate, underage use of alcohol and tobacco and any use of illegal drugs.



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**For More Information**

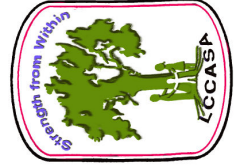
Council on Alcohol and Substance Abuse  
of Livingston County  
For treatment / referral:  
(585) 243-9210 (Geneseo Office) OR  
(585) 335-5052 (Dansville Office)

For prevention and education information:  
(585) 243-9236  
<http://www.casa-livingston.org/>

Genesee Valley Health Partnership  
Healthy Communities that Care  
(585) 748-5146

**Useful Web sites:**

- www.family.samhsa.gov
- www.theantidrug.com
- www.nida.nih.gov



Creating a Healthy Future Now



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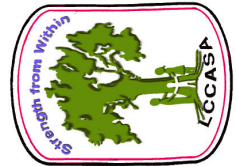
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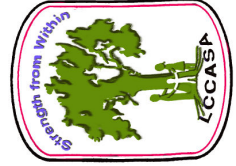
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