

Help Your Kids Turn Down Drugs

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There's almost no way you can shield your kids from finding out that illegal drugs, alcohol and tobacco exist – but you can help your child say (or even yell) “No!” when offered these substances.



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Before you work with your child on this issue, there's one thing you need to know: Kids don't usually get drugs from strangers. They get drugs from their friends. And that's the toughest issue of all – as you have to teach your kids that it's OK to say no to their friends, to the people they look to for validation, recognition, and fun. Strongly encourage them to avoid friendships with kids who use drugs.



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