

(Please use the following *Take Five* Article or Quick Tips as frequently as possible...Thanks!)



Take Five to Prevent the Use of Alcohol and Drugs by Iowa Youth

For the first time in several years, a new national Partnership Attitude Tracking Study finds more teenagers believe drug use and drinking is acceptable behavior...AND more teens are using alcohol, marijuana and Ecstasy. In the wake of this report, the Partnership for a Drug-Free Iowa/Face It Together is calling on Iowa parents to ***Take Five*** to talk with children about the dangers of substance abuse

Research tells us that 7-12 year old children who learn a lot about the dangers of drugs from their parents are up to 50% less likely to ever use. Parents are encouraged to have frequent ongoing conversations with children about the dangers of drugs and alcohol, and take early action if they think there might be a problem. ***Take Five*** now, and again, and you can greatly reduce the odds of youth substance abuse!

For help beginning or continuing the dialogue, go the Partnership’s website at www.FaceItTogether.com.

For immediate help, day or night, call the Iowa Substance Abuse Information Center at **1-866-242-4111**.

Take Five Quick Tips **Age-Appropriate Help on How to Talk with Kids about Drugs**

Quick Tips	5-8 Years Old (Start a Dialogue)	9-11 Years Old (Satisfy Curiosity)	12-14 Years Old (Clear Up Confusion)	15-17 Years Old (Counter Peer Pressure)
#1	Discuss the basics of how anything you put in your body that is not food can be harmful.	Use curiosity during traumatic events (such as car wrecks or divorces) to discuss the possible role of drugs in such events.	Dispel myths and reassure children with the fact that most youth do NOT use alcohol, tobacco or drugs.	Reinforce healthy decisions made by your children, and help them continue to resist negative peer pressure.
#2	Explain the idea of addiction: how drug use can become a bad habit that’s very difficult to stop.	Rehearse scenarios to help your children resist offers of alcohol, tobacco or drugs that may come from older children.	In addition to dangers posed by drug use, point out possible distasteful social consequences (such as smelly hair and clothes, bad breath, stained teeth, etc.).	Use specific reasons to remind your children why drugs are bad (such as addiction, birth defects, car wrecks, prison, etc.).
#3	Praise your children for taking good care of their bodies and avoiding things that might harm them.	Give your children permission to use you as a reason for resisting drugs (such as “My dad will kill me if I do it!”).	Point out potential long-term consequences (such as brain damage, cancer and the possibility of injury or even death).	As they plan their futures, remind children that drug use could ruin chances of college acceptance or a career choice.