

8-Points for Drug-Proofing Your Kids

by Jim Burns, Ph.D.

Recent statistics indicate that as many as 85% of all young people say they have experimented with intoxicating substances.

Fortunately, there is something you can do right now to help keep your children from becoming statistics in the war on drugs.

Read these 8 questions carefully and answer them honestly.

1. Are there any mood-altering chemicals in your medicine cabinet? (If so, how many are there and why are they there?)
2. When you are feeling stress, distress or pain, do you medicate yourself with prescription drugs or alcohol at any time?
3. Do you routinely need an after-work drink or an after-dinner smoke?
4. Do you keep prescription drugs around "just in case" after an illness has subsided?
5. What about drug-related images in your home? (Do you wear any T-shirts, caps or any other articles of clothing featuring drug- or alcohol-related advertising?)
6. How do you respond to drunken behavior on television or in movies? (Do your kids think you think it is funny?)
7. What about the music that's played in your home or car - does it glamorize or trivialize drug or alcohol usage?
8. Do you lack respect for the law and refuse to observe all driving regulations?

If you answered "yes" to any of the questions listed above, you need to make some changes in your own life. And believe me, doing so will be the most effective prevention tool you can use in your home.