







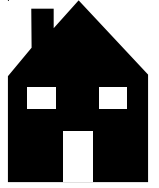


Family Strategies for the Prevention of Drug Abuse

-  Understand that nearly all youth are at risk to use alcohol, tobacco and other drugs. Youth form attitudes about drugs in their formative years.
-  Be informed about drugs and their effects. Be a credible source of information to youth.
-  Be aware of the “pro-drug” messages of today’s society. Counter misinformation with facts.
-  Be knowledgeable and alert for signs of drug use.
-  Back up the “no drugs” rule with a clear, consistent set of behavioral rules. Be willing to enforce them. Don’t enable. Don’t rescue your youth from the consequences of his/her actions.
-  Work with other parents to develop alternatives to drug use. Utilize community and parent resources.
-  Encourage young people to participate in meaningful, thoughtful, unselfish activities and services within the community.
-  Encourage community at large to adopt attitudes and policies that discourage the use of alcohol, tobacco and other drugs among youth.

Making Your



a **SAFE HOME**

Printed in whole or part with funds received from Region V Systems, United Way of Lincoln/Lancaster County, JBC, and private donations. For more information about alcohol, tobacco and other drug issues contact:

Lincoln Council on Alcoholism & Drugs
914 L Street
Lincoln, NE 68508
(402) 475-2694 (T/TDD)
FAX: (402) 475-2699
Email: prevention@lcad.org
www.lcad.org

Parents, guardians, and community working together for drug-free, violence-free youth.



“Safe Homes Parent Network” is a collaborative effort of the Lancaster County Community Group Initiative, and used with permission of PRIDE-Omaha. For more information email prevention@lcad.org.



MAKING YOUR HOME A SAFE HOME

1. Sign the *SAFE Homes Pledge* and discuss your decision with your family. Post the pledge on your family's refrigerator and family message board to serve as a ready reminder

4. Verify that activities are supervised by responsible adults and that all activities are drug free. Never be hesitant to call the adult in charge.

6. Discourage impromptu gatherings. If you plan to be out of town and have left your youth at a friend's house, ask the host parent and your next-door neighbor to keep an eye on your house. You may also want to inform your local law enforcement agency of your absence. Inform your youth that you have made these arrangements.

3. Call ahead to confirm your youth's social plans **BEFORE** you give permission for him or her to participate.

7. Be visible when parties or gatherings are taking place at your home. Observe what is happening in subtle ways by replenishing the refreshments, removing trash, or suggesting an appropriate activity.

9. Recognize the social pressures on today's young people. Joining *SAFE Homes* does not imply distrust of your youth. It simply means that you care enough to create a safe, healthy, social environment for them.

10. Do not hesitate to join *SAFE Homes* because you feel that your youth will never be a problem. You cannot guarantee that other young people coming into your home will not create a problem. **Get to know other parents** and remember to use your *SAFE Homes* directory.

2. Always arrange supervision for your youth when you expect to be away.

5. Provide secure storage for all alcohol and prescription drugs in your home away from your youth. Remove this temptation from curious young people by placing alcohol out of reach and out of sight.

8. Be aware that most alcohol and other drug use takes place in homes when parents are absent. Youth can be very creative in finding hiding spots.