

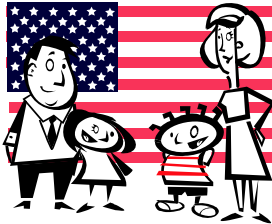
Setting a "No-Use" Rule in Your Home

What?

A "No-Use" Rule in your home is based on your family's goals and rules. It clearly states what is expected regarding alcohol, tobacco and other drug use.

How?

Parents should discuss their attitudes and feelings about alcohol, tobacco and other drugs - and agree upon the rule. Establish this rule and review it frequently.



Why?

Setting a clear "no-use" rule in your home helps your child know what is expected and helps you enforce it.

Example:

In our home, we will not allow you to use tobacco or illegal drugs at all, and we will not tolerate any alcohol use at all until you are 21. (You may want to add the consequences of breaking this rule.)

Top 10 List of the Most Helpful Roles for Parents to Keep Youth Alcohol, Tobacco & Drug Free

What You Should Know



For more information about alcohol, tobacco and other drug issues, please contact:

**Lincoln
Council on
Alcoholism and
Drugs, inc.**

914 L Street, Lincoln, NE 68508
(402) 475-2694
Fax: (402) 475-2699
E-mail: prevention@lcad.org
www.lcad.org

**Lincoln
Council on
Alcoholism and
Drugs, inc.**

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Parent Role Models. Be a positive role model. Our children learn best by example. Model no-use of tobacco and illegal drugs; and low-risk use of alcohol.

Parent Educators. Be informed about tobacco, alcohol and other drugs; share and discuss this with your child.

Parent Rule Setters. Make a “no-use” rule -- Absolutely no use of illegal drugs by anyone in the family, and no use of alcohol or tobacco by anyone under the legal age. Enforce it! Have clear and consistent rules, expected behaviors and consequences.

Parent Involvement. Encourage your child to take part in hobbies, school activities,, and sports. Get involved yourself, and plan fun family activities.

Parent Monitors. Set and enforce curfews. Know where your children are and who they are with.

Parent Supporters. “Just Say No” is not enough. Teach your child how to resist peer pressure without feeling foolish. Give him/her the tools to stay alcohol, tobacco and drug-free.

**Parent Partners
With Other Parents.**

Join with other parents to gain support and new ideas. There is strength in numbers.



Parent Intervention. Allow them to face the logical consequences of their behavior. Get immediate medical help when your child is semi-conscious, unconscious, or if you are in doubt.

Parent Awareness. Know how to identify drug use and confront your child when necessary. You won't ignore a medical problem, and drug use can require medical assistance.

Parent Communication. Don't blow up. Don't give up. Deal with your own feelings appropriately so your child learns how to deal with theirs. Use your community resources for additional help if you need it.

