

INTRODUCING THE ALL NEW REMASTERED KIDX500

KID-TO-PARENT

Translator



KIDX500

NOW FULLY COMPATIBLE
WITH MOBILE PHONE LINGO,
INSTANT MESSAGING,
AND WEB CHATTER.*



IN THE REAL WORLD THERE ARE NO SHORTCUTS TO GOOD PARENTING.

While you may not always know the latest internet acronyms, it's important to always keep the lines of communication open between you and your children. Go to FLRedRibbon.com and download our parent guide to learn how you can get the conversation going.

RESPECT YOURSELF. BE DRUG FREE.™

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THE FLORIDA FAMILY PARTNERSHIP



**RED
RIBBON
CAMPAIGN®**

UNFORTUNATELY

KIDS DON'T COME WITH DECODERS.

HOWEVER, HERE ARE SOME HELPFUL TIPS TO HELP YOU ALONG THE WAY.

PARENT GUIDE

FOR TALKING WITH YOUR KIDS ABOUT DRUGS AND ALCOHOL

Being a parent involves improvisation, wisdom, experience, humor and patience. And if you can pull these together, you're already most of the way to successful parenting. There's no such thing as the absolute "right" way to be a parent, but there are plenty of "wrong" ways. The trick is to try to be more right than wrong, which is why you're reading this guide.

It's important to recognize that these little humans you've created have their own lives and environments, and the more you can understand the pressures they face, the better off you will all be. So listen to them. Ask questions, and be open to what they tell you.

Kids are smart. You should never underestimate your kids- they know more than you think they should, and it's your job to help them understand where to file all of this information they've collected. So be honest with them. Things like drugs and alcohol exist, they are out there, and people use them. Yet, don't underestimate your power. Research shows that if you clearly show your disapproval of alcohol and drug use, your kids are far less likely to use drugs. Be consistent.

Kids are growing up faster today than ever before. The social tools they have, and the digital age in general, means that our children are exposed to the strong flavors of life at ever earlier ages, and some of these they may not be ready to absorb. You should help them understand that much of what they see on the internet, on TV or in movies is not real. What looks fun or attractive is actually hard and dangerous in real life, and the imagery they are exposed to sets an unrealistic expectation of what you should look and act like. Emphasize that they should be comfortable and secure in who they are.

It's hard to shelter our kids, so we need to give them the best tools we can to understand the world around them, and to make good decisions when we are not around.

10 TIPS

TO KEEP YOUR KIDS DRUG FREE

- 1 Start talking with your kids at an early age about drugs.**
It's never too early to establish good lines of communication.
- 2 Listen carefully to your child** and educate yourself so you can answer his or her questions.
- 3 Be a model of healthy behavior for your child.**
What they see is what they do. Kids learn best by example.
- 4 Don't be afraid of setting rules.**
Parental disapproval of drug use plays a strong role in keeping kids drug free. Be in charge.
- 5 Get to know your children's friends and their parents.**
Work together with the parents to set common boundaries and monitor behavior. There's strength in numbers.
- 6 Keep your children engaged in after school activities.**
Children who engage in extracurricular activities, such as sports, gain confidence and life skills. But, don't overdo it. Give your kids some downtime to relax and recharge.
- 7 Make sure your child's school has anti-drug policies.**
Learn your kid's schools policies and if they don't exist, work to create them.
- 8 Get involved in your child's school.**
Parental involvement is a strong predictor of academic success. Your presence will make a difference.
- 9 Lock your meds at home.**
Secure your medicine cabinet at home, take inventory regularly and safely dispose of unused medication.
- 10 Eat dinner together regularly.**
Kids who eat dinner with their families 5 or more times a week are much less likely to experiment with and abuse drugs and alcohol.

GET SOCIAL.

Get online and show your support for Red Ribbon Week®. Here's a cheat sheet of social media posts to get you started.

SAMPLE TWEETS AND FACEBOOK POSTS

- Respect Yourself. Be Drug Free. Celebrate Red Ribbon Week
Use hashtags #FLredribbon #respectyourselfbedrugfree #redribbonweek
- It's Red Ribbon Week and I am taking a stand against drugs. Join me. Take the pledge:
www.redribbon.org/pledge
- Today, I'm honoring Kiki Camarena, a DEA agent who died while fighting substance abuse. Join me in celebrating Red Ribbon Week 2015. Take the pledge: www.redribbon.org/pledge
- Today, I'm joining teens, parents, teachers, and other citizens across America in celebrating Red Ribbon Week (October 23-31), the oldest and largest drug prevention program in the nation.
- Join me in celebrating Red Ribbon Week. Our children have the right to grow up drug free – and we have the responsibility to make that happen. Take the pledge: www.redribbon.org/pledge
- I'm entering the Red Ribbon Photo Contest to win an iPad and \$1,000 for my school. You can enter too at www.redribbon.org/contest
- I'm a teacher who believes in a drug free future for my students. Join me in celebrating Red Ribbon Week (October 23-31)
- I'm a parent who believes in a drug free future for my children. Join me in celebrating Red Ribbon Week (October 23-31).

SAMPLE INSTAGRAM POSTS

- Share a picture of yourself doing what you are passionate about and use #redribbonweek #respectyourselfbedrugfree
- Share a picture of your Red Ribbon Week decoration and use #redribbonweek #respectyourselfbedrugfree
- Share a picture of you and your friends doing something healthy and use #redribbonweek #respectyourselfbedrugfree

PINTEREST IDEAS

- Create an album featuring your favorite Red Ribbon Week decoration ideas
- Create an album featuring healthy and fun activities that demonstrate self respect