

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. These tips will help you learn how to get the conversation going.

SEND A MESSAGE. STAY DRUG FREE.™

Sponsored by:



10 TIPS

TO KEEP YOUR KIDS SAFE, HEALTHY AND DRUG FREE

- 1 Start talking with your kids at an early age about drugs.**
- 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.