

Prescription Drug Abuse in Tribal Communities: A Call to Protect our Elders, Children and Nations from an Epidemic



The Good News

When parents talk early and often with their kids about the risks and dangers of prescription drug abuse, underage drinking and other drug use it helps them say, “No Thanks” and mean it.

Keep your child safe:

TALK

Talk with your child about the dangers of prescription drug abuse – If possible start the conversation early, before they are in school. Alcohol and drug use often starts in grade school.

LISTEN

Let your child ask questions and voice opinions. Then discuss calmly and respectfully

SHOW YOU CARE

Guide from love, not anger. Find the good in what your child is doing. Offer them praise for getting to school, having good manners, playing nicely with a brother or sister or for being brave when faced with a new situation.

BE IN THE KNOW

Have your children check in with you during the day or while they are out. Let them know you trust them but want to make sure they are safe.

SET FIRM, CLEAR GROUND RULES

- No alcohol, smoking or drug use
 - No going to parties where alcohol, marijuana or other drugs will be available
 - Never let someone drive or get into a car with someone who has been drinking or using drugs.
- Let your child know you will come and get them, wherever they are, whatever time it is.

GET COOPERATION FROM OTHERS

If other adults in your child’s life use drugs or alcohol, ask them:

- Not to drink or use drugs around your child
- Not to give prescription drugs, other drugs or alcohol to your child
- Not to throw unsupervised parties