

WHICH WAY TO GO?

Danger signals are often overlooked by parents because they prefer not to see them. Parents can make very good excuses for children's unusual behaviors. If you checked one or more of the above symptoms now is the time to look deeper into your child's lifestyle. Examine your relationship. Ask yourself:

- Do I know his/her friends personally?
- Do I know what supervision is provided when they are out?
- Do I listen when my teenager disagrees with me?
- Do I know where they go for fun?
- Do I set limits on time, money, activities?
- Do I follow through on my contracts with my child?
- Do I expect my son/ daughter to take responsibility for his/her own behavior?

These questions may not have easy answers. Many parents find themselves caught in a power struggle with their children. They battle to find out who's the strongest and who can win. Sadly, it soon becomes obvious that drug abuse is a no-win situation for all involved.

PARENTS' RESPONSIBILITIES

- Work with your partner in parenting matters.
- Set and keep definite limits.
- Set and follow through on consequences.
- Provide a secure home atmosphere.
- Know and recognize the symptoms of chemical dependence.
- Learn about alternatives for treatment.

CHILD'S RESPONSIBILITIES

- Youth remain responsible for:
 - their own feelings
 - their own social life
 - their school performance
 - their own drug use and its consequences
 - their life goals.