

Table of Contents

Part I: Prevent It

Chapter 1: Take a Hands-on Approach to Parenting p.3

The Nine Facets of Parental Engagement
Be There: Get Involved in Your Children's Lives and Activities
Open the Lines of Communication and Keep Them Wide Open
Set a Good Example: Actions Are More Persuasive Than Words
Set Rules and Expect Your Children to Follow Them
Monitor your Children's Whereabouts
Maintain Family Rituals, Such As Eating Dinner Together
Incorporate Religious and Spiritual Practices into Family Life
Get Dad Engaged—And Keep Him Engaged
Engage with the Larger Community
The Importance of Being a Parent

Chapter 2: Talk to Your Kids About Smoking, Drinking, and Drugs p.27

Know the Facts and Stick to the Facts
Communication Starts with You
What If Your Child Tells You That a Friend Is Doing Drugs?
If Your Child Asks, "Did You Do Drugs?" It's Time to Talk
Use Your Personal Experiences as a Teaching Tool
Parent Tips

Chapter 3: Eat Meals Together—Dinner Makes a Difference p.41

Frequent Family Dinners Prevent Substance Use
The Difference Dinner Makes
How to Get Children Talking at the Dinner Table
Conversation Starters
What If I Can't Make It to Dinner?

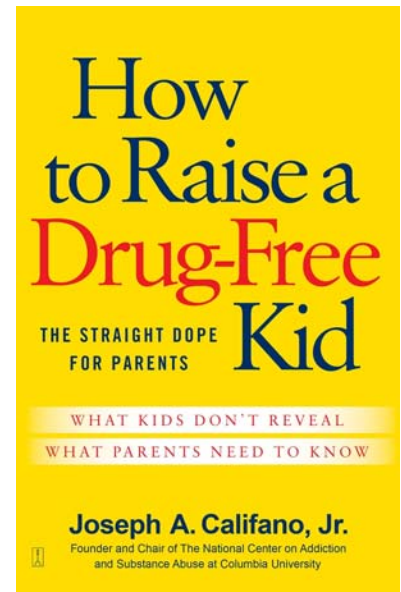
Part II: Recognize It

Chapter 4: What Drugs Are Likeliest to Tempt Your Teen? p.53

Tobacco: The Number One Killer
Alcohol: The Most Popular Teen Drug
The Debate About Allowing Your Teen to Drink at Home
Marijuana: The Most Underestimated Drug
Prescription Drugs: The New Bully on the Block
Keep Controlled Prescription Drugs Away from Children
Teen Athletes and Steroids
Parent Tips

Chapter 5: For Your Teen, Availability Is the Mother of Use p.79

Your Child's World Is Full of Drugs
Availability Is the Mother of Use
Where Do Teens Get Drugs?



In the Home
In Schools
The Adolescent Brain and Drugs
Why Drug Use Leads to More Drug Use
Parent Tips

Chapter 6: At What Times Is My Child at Increased Risk of Drug Use? p.91

Entering Middle School
Puberty
Entering High School
The Hours After School
Parties and Hanging Out at Friends' Homes
Moving Toward Senior Year
Entering College
The Influence of Friends
Balancing the Influence of Friends
Romantic Relationships
Parent Tips

Chapter 7: In What Circumstances Is My Child at Increased Risk of Drug Use? p.107

Family Disruptions and Trauma: Divorce, Frequent Moves, Death of a Loved One, Child Abuse
Divorce
Moving Frequently
Death, Disability, or Illness in the Family
Traumatic Incidents
Social, Developmental, Behavioral, and Mental Health Problems
The Signs of Depression
Eating Disorders
Learning Disabilities
Behavioral Disorders and Conduct Problems
Stress, Boredom, Spending Money
Stress
Boredom
Spending Money
Parent Tips

Chapter 8: How Can I Make My Home a Safe Haven? p.121

Beware of Big Brothers and Sisters Who Use
Family Contracts
Discuss Your Family's History of Addiction
Prenatal Exposure to Tobacco, Alcohol, and Other Drugs Increases the Likelihood of Future Drug Use
Protect Children from Environmental Tobacco Smoke
Parent Tips

Chapter 9: What You Should Know About the Differences between Boys and Girls p.133

Why Teens Use Drugs
Boys Will Be Boys
Sensation Seeking
Showing Off and Being Cool
Girls Will Be Girls
Self-medicating

Dieting Dangers
Peer Influence
Sexual and Physical Abuse
Saying No vs. Saying Yes
Coaching Boys to Turn Down Drug Offers
Coaching Girls to Turn Down Drug Offers
The Consequences of Substance Use Differ for Boys and Girls
Parent Tips

Chapter 10: What's the Relationship between Alcohol, Drugs, and Sexual Activity? p.151

The Combustible Combination of Sex and Drugs
Drugs, Alcohol, and Tween or Early Teen Sexual Activity
Drugs, Alcohol, and Doing More Than Planned
Drugs, Alcohol, and Unsafe Sex, Pregnancy, and STDs
Drugs, Alcohol, and Sexual Assault
Parent Tips

Chapter 11: How Can I Mitigate the Media's Influence? p.159

Trump Media Messages with Parent Messages
Why Teens Are Impressionable
Balancing Media Influences
The Advertising Assault on Children
Alcohol Marketing to Teens
Monitor Movies
Messages in Music
Trim Television Time
Inhibit Internet Access
Movie Stars, Rock Stars, and Role Models
Parent Tips

Chapter 12: How Can I Protect My Kids at School? p.175

Why Parents Should Be Concerned About Drugs in School
Witnessing Drug Use, Possession, or Dealing Puts Kids at Risk
Drugs Infect the Whole Student Body
Drugs Threaten Academic Performance
Alcohol at School
Marijuana at School
Zero-Tolerance Policies
Help Your Kids Navigate the Challenges of a Drug-Infected School
Beware of See-No-Drugs, Hear-No-Drugs, Speak-No-Drugs Principals
It Doesn't Have to Be That Way: Demand Drug-Free Schools
What to Do If Your Child's School Suggests Medication
Parent Tips

Chapter 13: How Can I Prepare My Kids for College? p.189

Educate Yourself and Your Teen About Substance Abuse on College Campuses
New Mix of Pot, Pills, and Powders
Women Drinking More than Ever
Universities Are Not Surrogate Parents
Instant Communication = Instant Access
Students Have More Time to Party

A Detailed Picture of College Substance Use
A Warning About Drinking Games
Start Preparing Your Children in High School
Helping Your Teen Pick a College and College Housing
Finding the Right Campus Environment
How Readily Available Is Alcohol?
Is the Health Clinic Keeping Kids Healthy?
Consider Healthy Housing Options
Substance-Free and Single-Sex Dorms
Don't Tolerate a Substance-Abusing Roommate
Consider Living at Home
Get to Know Your Child's Residential Advisor
Parental Engagement Continues into College
Spending Money
Find New Ways to Stay in Touch
Parent Tips

Part III: Confront It

Chapter 14: The Signs of Use—What to Do If You See Them p.217

Spotting the Signs of Use
The Siren Signals
Dropping Old Friends and Getting New Ones
Borrowing or Stealing Money
Dropping Activities Such As Sports
Other Common Siren Signals to Look Out For
The Symptoms of Current Substance Use
What to Do If You See the Siren Signals
What to Do If Your Child Is Drinking
or Using Other Drugs
Discuss Your Concerns with Your Child
Enforce Consequences
Assess the Situation
Monitor Your Child Closely
Seek Professional Advice
What to Do If Your Child Is Addicted to Alcohol or Other Drugs

Parent Power Glossary for Parents and Teens p.241

Parent Power Reference List for Parents and Teens p.271