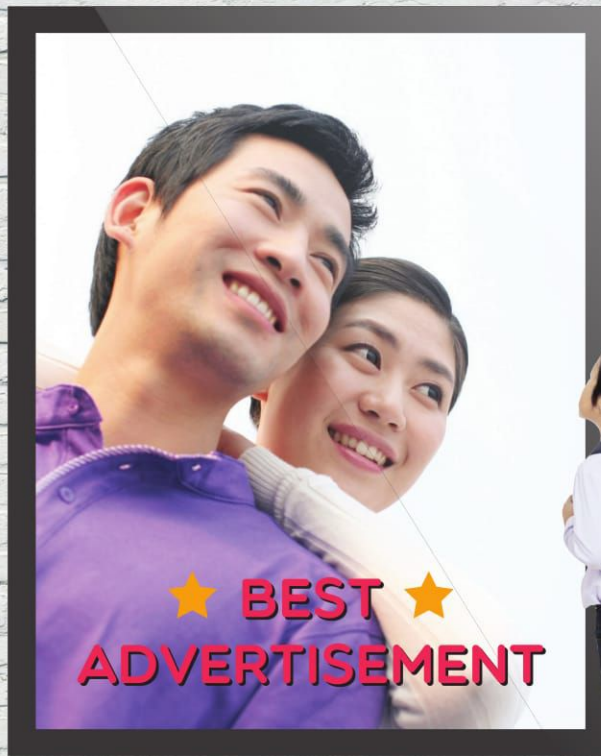


THE BEST ANTI-DRUG ADVERTISEMENT: YOU

Drug prevention begins right at home with you, the parent, as a good role model. At the ages of 7-12, your child looks up to you as a leader, teacher and friend. This period of time in your child's life is crucial because their minds are open - making them extremely teachable yet at the same time, vulnerable to bad influences. This is the time when your child needs you to be a good influence in his or her life.



A lot of parents are unsure as to how to be good role models to their children - let alone be able to advise them appropriately about the dangers of drugs. Here are five great ways to be a shining example to your kids and how you can use positivity to keep your kids away from drugs.

01. KEEP THE CONVERSATION GOING

The most important thing to do would be to ensure that your child is comfortable talking and sharing his or her life with you. Talk to your child every day to find out how things are going and if there is anything troubling him or her. Be sure to deal with any issues in your child's life immediately so that it does not translate into a deeper problem that manifests later in life.

02. LEAD BY EXAMPLE

Practice what you preach. Be mindful of how you carry yourself in front of your child. Show your child what it means to live a happy and drug-free life.

03. BE INVOLVED IN YOUR CHILD'S LIFE

Be actively involved when it comes to your child's activities and the things that interest him or her. Make it your responsibility to know your child's friends and their parents.

04. REWARD GOOD BEHAVIOUR

Praise and acknowledge your child when he or she does something right. The positive growth of your child's self-esteem and confidence is crucial to the choices that he or she will make later in life.

05. BE SOCIAL

Participate in social work with your child, as this will teach him or her about important life lessons and demonstrate how positively impacting the life of another person can be so rewarding. This will allow your child to realize the importance of life and make him or her less likely to diminish their own lives by taking drugs.