



20 (Simple) Things You Can Do to Keep Your Kids Alcohol and Drug Free

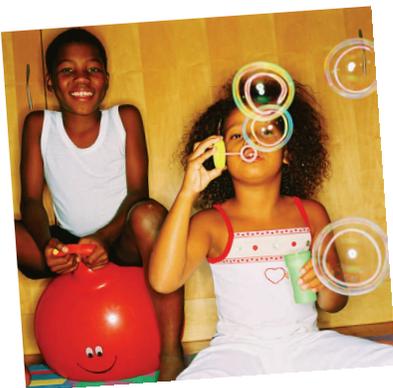
Study after study supports the fact that parents are the most powerful tool in keeping their children alcohol and drug free. As parents, you do not need to spend money to accomplish this goal. It is spending time together that truly makes a difference. Not sure where to start? Check out what other Norristown area families are doing:

10 Things Parents Can Do to Keep Their Kids Alcohol and Drug Free

1. Have a loving family environment where your children know they can talk to you about how they feel and what they are going through.
2. Be a good role model for your children. Don't do drugs or abuse alcohol.
3. Make sure your kids know how to contact loved ones when they are in a bad situation.
4. Know your kids' friends and keep negative influences away from them.
5. Spend quality time with your kids: Have regular family dinners. Hold family movie/game nights. Do chores side-by-side. Take pictures and make a family album. Play dress up.
6. Make sure they are educated on the dangers of alcohol and drugs.
7. Do not allow your kids access to alcohol in your home.
8. Let your children know the consequences of drinking or doing drugs.
9. Enroll them in positive activities.
10. Value education: Go to the library together. Check their homework. Attend school events.



10 Fun, Alcohol and Drug Free Activities Kids Can Do With Their Families



1. Play sports
2. Movie and game nights
3. Read books together
4. Go to the library
5. Attend church
6. Make scrapbooks; work on hobbies
7. Take trips
8. Go to the park and play ball, tag, or jump rope
9. Eat dinner at the table
10. Play make believe, sing songs, do puzzles

For more information on Norristown Area CTC, call 610-630-2111 ext. 236 or visit www.NorristownCTC.org.