

---

# **Pointers For Parents**

## **Truth: The Anti-Drug**

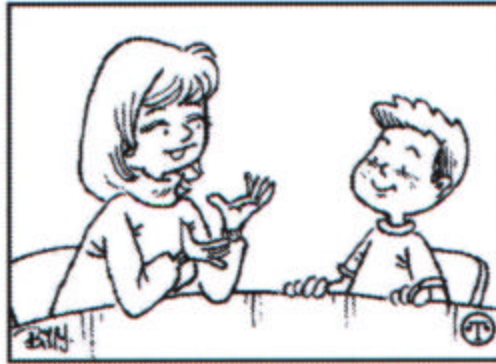
(NAPS)—If you're a parent who grew up in the sixties when kids started to experiment with drugs, you might have tried marijuana yourself. Now what do you say if your kids ask you, "Did you ever do drugs?"

Experts agree it's best to be honest. Answering this question untruthfully can cause you to lose credibility with your kids. Don't provide too many details, just a short honest response that shows you care.

Here are three possible responses when you face questions about your own youthful drug use, says behavioral scientist Tony Biglan, Ph.D.:

1) "I took drugs because some of my friends used them, and I thought I needed to in order to fit in. In the 60s, people didn't know as much as they do now about all of the bad things that can happen when you smoke marijuana or do other drugs. If I'd known then what I know now, I never would have tried drugs. I'll do everything I can to help you keep away from drugs."

2) "Everyone makes mistakes. When I used drugs, I made a big one. I'm telling you about this even though it's embarrassing, because I love you and I want to save you from making the same stupid decision I made when I was your age. You can learn from my mistakes without repeating them."



3) "I did drugs because I was bored and wanted to take some risks, but I soon found out that I couldn't control the risks—they were controlling me. There are much better ways of challenging yourself than doing drugs."

If you would like more tips on communication and parenting, visit [www.theantidrug.com](http://www.theantidrug.com), a web site designed to help parents learn how to talk to their children about staying clean, safe, and drug-free, which is part of the White House Office of National Drug Control Policy's National Youth Anti-Drug Media Campaign. The site offers a brochure called "Parenting Skills: 21 Tips and Ideas to Help You Make a Difference," that can also be ordered by phone at 800-788-2800.

For additional information about drugs, alcohol or tobacco, visit the following web sites: [www.drugfreeamerica.org/drug\\_info.html](http://www.drugfreeamerica.org/drug_info.html), [www.nida.nih.gov/Infofax/Infofaxindex.html](http://www.nida.nih.gov/Infofax/Infofaxindex.html) or [www.health.org](http://www.health.org).