**WHAT CAN I DO AS A PARENT TO PREVENT MY CHILD FROM BECOMING INVOLVED IN ALCOHOL/DRUG ABUSE?**

* Get to know your child’s friends and talk to their parents. Parents who network often discover that it is simply not true that “everyone else is doing it.”
* Insist on knowing where your child will be. Many plans for an evening are changed midway through; a phone call should be required to keep you informed. If you will not be at home, let your child know how you can be reached.
* Be aware of what your child keeps in his/her room.
* Set a definite home curfew and observe the City and County curfew laws.
* Be awake or insist your child wakes you up when they arrive home.
* Check out overnight plans with the friend’s parents and find out if the parents will be home and that they have similar curfew hours.
* Make reliable arrangements with friends, relatives, or a responsible sitter to live in your home while you are away. You are doing your child a favor as many parties occur without an invitation and are quickly out of control.

***Keep in mind that these are not issues of trust – they simply show that you care!!***

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