



CHURCH COMMUNICATION NETWORK
HOMEWORD MARRIAGE AND FAMILY SERIES

Drug Proof Your Kids

Featuring

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Author of books including How to Talk to Your Kids about Drugs

Visit CCN on the web at www.ccn.tv

I. Drugs at your doorstep

We all are susceptible to drug and alcohol use and abuse

The best education on this comes from parents

By the time “Darlene” the good kid graduates from high school the chances are:

- 88% she will try alcohol
- 57% she will try an illegal drug
- 33% she will smoke marijuana on occasion
- 33% she will get drunk at least once a month
- 1 in 6 she will try cocaine

Most parents are in denial about their kids’ drug and alcohol use

- 38% of fifth graders say there’s pressure to drink in their lives
- 68% of eighth graders report the same pressure
- Every day, 5000 kids will try cocaine
- Alcohol-related driving is the #1 cause of death among teens
- 92% of pastors believe there’s a problem with drugs and alcohol in their communities, but only 13% think it’s a problem in *their* church

II. Why do kids take drugs?

Drugs make them feel good

Of course, it’s temporary

A kid who might have given in to peer pressure seeks to feel that good again

Two key factors that lead to drug and alcohol abuse

1. Peer pressure

Kids’ desire to be accepted may be stronger than their desire not to drink

2. Biological predisposition

If your family has addiction issues, your kids are at greater risk

III. What happens when kids use drugs and alcohol?

1. When they begin to have a problem, they stop learning how to cope properly with stress

2. Kids change in stages

- Experimental use phase: trying it a little
- Social use phase: holding the beer
- Dependency stage: daily preoccupation, or moving up to harder drugs

Sometimes you'll see changes in behavior

- Addiction: preoccupation with getting high

Kids don't intend for this to happen

IV. How to drug proof your kids

There are neither quick fixes nor miracles

- Self-examination by parents

What are your attitudes and behaviors toward alcohol and drugs?

Kids are likelier to use drugs if their parents use any substance to master stress

What's in your medicine cabinet?

Are you self-medicating?

Do you laugh at drunken behavior?

What do you allow to be worn?

What's in the music in your home?

- Education

It's the parents' job to educate their kids

Know about "gateway drugs"—the drugs that lead to stronger stuff

Alcohol leading to nicotine leading to...

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Of kids who smoke, 81% will try marijuana, but only 20% of kids who don't smoke

Marijuana is 5% to 20% stronger, and may be laced with another drug

Alcohol: kids with a predisposition to alcoholism have a higher tolerance

Crystal meth, heroin, etc.: know what the latest drugs are

Understanding the "family sculpture" for alcoholism

The functioning alcoholic

The enabler: the "saint", focused on the kids

The hero: the kid who excels—who might snap some day

The lost child: doesn't join the family system

The clown: dealing with the pain by being funny

The scapegoat

- Time and attention

Kids who get what they need from you at home are less likely to use drugs

- Other issues:

Prevention

Identification

Many parents are in denial when it comes to drug and alcohol use by their kids

Intervention

Your job is to parent, and that may mean being tough

*Rescue those being led away to
death; hold back those
staggering toward slaughter.
—Proverbs 24:11*

Treatment

The younger you can get them help, the easier the recovery

Supportive follow-up and relapse prevention

It's necessary to have a plan

Questions for Students

Most young people have used alcohol in one form or another, but few recognize that alcoholism is a disease that can affect the young as well as the old. Take this short test; it may tell you something about yourself.

<u>Yes</u>	<u>No</u>	<u>Question</u>
1. <input type="checkbox"/>	<input type="checkbox"/>	Do you lose time from school due to drinking?
2. <input type="checkbox"/>	<input type="checkbox"/>	Is it necessary for you to drink in order to have fun?
3. <input type="checkbox"/>	<input type="checkbox"/>	Do you drink to build up your self-confidence?
4. <input type="checkbox"/>	<input type="checkbox"/>	Do you drink alone?
5. <input type="checkbox"/>	<input type="checkbox"/>	Is drinking affecting your reputation—or do you care?
6. <input type="checkbox"/>	<input type="checkbox"/>	Do you drink to escape from school or home worries?
7. <input type="checkbox"/>	<input type="checkbox"/>	Do you feel guilty or bummed after drinking?
8. <input type="checkbox"/>	<input type="checkbox"/>	Does it bother you if someone says that you drink too much?
9. <input type="checkbox"/>	<input type="checkbox"/>	Do you sneak drinks from your parents' supply or anyone else?
10. <input type="checkbox"/>	<input type="checkbox"/>	Do you generally “make out” better when you drink?
11. <input type="checkbox"/>	<input type="checkbox"/>	Do you get into financial troubles over buying liquor?
12. <input type="checkbox"/>	<input type="checkbox"/>	Do you feel a sense of power when you drink?
13. <input type="checkbox"/>	<input type="checkbox"/>	Have you lost friends since you've started drinking?
14. <input type="checkbox"/>	<input type="checkbox"/>	Have you started hanging around with kids who drink?
15. <input type="checkbox"/>	<input type="checkbox"/>	Do most of your friends drink less than you do?
16. <input type="checkbox"/>	<input type="checkbox"/>	Do you drink until you are drunk or the bottle is empty?
17. <input type="checkbox"/>	<input type="checkbox"/>	Have you ever had a complete loss of memory from drinking?
18. <input type="checkbox"/>	<input type="checkbox"/>	Have you ever been to a hospital or been busted due to drunk driving or being drunk in public or in school?
19. <input type="checkbox"/>	<input type="checkbox"/>	Do you turn off to any studies or lectures about drinking?
20. <input type="checkbox"/>	<input type="checkbox"/>	Do you think you may have a problem with liquor?
<input type="checkbox"/>	<input type="checkbox"/>	TOTALS

If you answered YES to any one question, this could be a warning that you are becoming a problem drinker. If you answered YES to any two questions, chances are that you might be a problem drinker. If you answered YES to any three questions, you probably are a problem drinker.

Questions for Parents

You may suspect that your child or teenager is having trouble with alcohol and other drugs, but short of smelling liquor on his breath or discovering pills in his pockets, how can you tell for sure? While symptoms vary, there are some common tipoffs. Your answers to the following questions will help you determine if a problem exists.

1. Has your child's personality changed markedly? Does he or she change moods quickly, seem sullen, withdraw from the family, display sudden anger or depression, or spend hours alone in his or her room?
Yes ___ No ___ Uncertain ___
2. Has your child lost interest in school, school activities, or school athletics? Have his grades dropped at all?
Yes ___ No ___ Uncertain ___
3. Has your child stopped spending time with old friends? Is he or she now spending time with kids that worry you? Is your child secretive or evasive about his or her friends, and where they go and what they do?
Yes ___ No ___ Uncertain ___
4. Are you missing money or other objects from around the house (money needed for alcohol and drugs), or have you noticed that your child has more money (possibly from selling drugs) than you would expect?
Yes ___ No ___ Uncertain ___
5. Has your child tangled with the law in a situation involving drugs in any way? (You can be assured that if this has happened, there have been other times – probably many – when he/she has been drinking or using drugs but hasn't gotten caught.)
Yes ___ No ___ Uncertain ___
6. Does your child get angry and defensive when you talk to him or her about alcohol and drugs, or refuse to discuss the topic at all? (People who are very defensive about alcohol and drugs are often hiding how much they use.)
Yes ___ No ___ Uncertain ___
7. Has your child become dishonest? Do you feel you're not getting straight answers about your child's whereabouts, activities, or companions? A young person may also lie about matters that seem unrelated to alcohol or drugs.
Yes ___ No ___ Uncertain ___
8. Are there physical signs of alcohol or drug use? Have you smelled alcohol on your child's breath? Have you smelled the odor of marijuana on his or her clothing or in his or her room? Slurred speech, unclear thinking, or swaggering gait are also indicators. Bloodshot eyes, dilated pupils, and imprecise eye movement may also be clues.
Yes ___ No ___ Uncertain ___
9. Has your child lost interest in previously important hobbies, sports, or other activities? Has your child lost motivation, enthusiasm, and vitality?
Yes ___ No ___ Uncertain ___
10. Have you seen evidence of alcohol or drugs? Have you ever found a hidden bottle, beer cans left in the car, marijuana seeds, marijuana

cigarettes, cigarette rolling papers, drug paraphernalia (pipes, roach clips, stash cans, etc.), capsules, or tablets?

Yes ___ No ___ Uncertain ___

11. Has your child's relationship with you or other family members deteriorated? Does your child avoid family gatherings? Is your child less interested in siblings, or does he or she now verbally (or even physically) abuse younger brothers and sisters?

Yes ___ No ___ Uncertain ___

12. Has your child ever been caught with alcohol or drugs at school or school activities?

Yes ___ No ___ Uncertain ___

13. Has your child seemed sick, fatigued, or grumpy (possibly hung over) in the morning after drug or alcohol use was possible the night before?

Yes ___ No ___ Uncertain ___

14. Has your child's grooming deteriorated? Does your child dress in a way that is associated with drug or alcohol use? Does your child seem unusually interested in drug or alcohol-related slogans, posters, music, or clothes?

Yes ___ No ___ Uncertain ___

15. Has your child's physical appearance changed? Does he or she appear unhealthy, lethargic, more forgetful, or have a shorter attention span than before?

Yes ___ No ___ Uncertain ___

How to Score the Test

This questionnaire is not a scientific instrument and is not meant to diagnose alcohol and drug problems. It is meant to alert parents that problems are likely. The questions are "red flag" detectors and your answers may show a need for further action. Keep in mind that "yes" answers to some of these questions may simply reflect normal adolescent behavior. "Yes" answers to questions directly relating to alcohol and drug use (5, 8, 10, 12) are, of course, cause for concern; they indicate that your child is using alcohol and/or drugs, an action should be taken.

In general, parents should look for an emerging pattern. A couple of "yes" or "uncertain" answers should alert parents to suspect alcohol and drug use, monitor the child more closely, talk to knowledgeable sources, and prepare to seek help.

If you answered "yes" to three or more questions, help is probably needed. Your child may be in the experimental stages or may already be heavily involved in alcohol and drugs. Remember, it is very, very difficult to handle this problem without help of other experienced parents and/or professionals. This is not often a problem that passes with time; it may well be a life or death matter. If you are concerned, take action: Call a knowledgeable source, your school counselor or other alcoholism/drug counselors who deal with adolescents, your local council on alcoholism, or other drug/alcohol agency and discuss this questionnaire.

Adapted from Jim Burns & Stephen Arterburn, *Drug Proof Your Kids* (Ventura, CA: Gospel Light, 1995), pp.113-114. Used by permission. ©1987-1990 Adobe Systems, Inc. All rights reserved.

Resources

How to Talk to Your Kids about Drugs

by Jim Burns

www.HomeWord.com

Drug Proof Your Kids

by Jim Burns & Stephen Arterburn

www.HomeWord.com

Confident Parenting

by Jim Burns

www.HomeWord.com

The 10 Building Blocks For a Happy Family

by Jim Burns

www.HomeWord.com

“HomeWord”

www.HomeWord.com

Resources on media and parenting plus information on Dr. Burns’s daily radio program

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