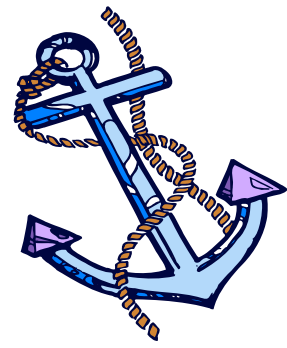


# Drug Free Steuben



## Parental Actions Make a Difference

Young people are being exposed to alcohol, tobacco and other drugs at an alarmingly early age. Substance use begins as early as age 10.

Parents play a critical role in motivating youth to avoid alcohol, tobacco and drug use while increasing healthy behaviors like regular physical activity, getting enough sleep, eating nutritious foods, and controlling stress.

### Internal and External Factors

Many internal and external factors contribute significantly to predicting early and problematic use of alcohol and drugs among youth.

#### Internal factors include:

- ◆ Social norms (the *perception* that “everyone” is using);
- ◆ Self-regulation skills (setting and achieving goals); and
- ◆ Modeling from friends, family, peers and those seen in the media.

#### External factors include:

- ◆ Youth social experiences outside the home; and
- ◆ Easy access to substances.

### Be an Authoritative Parent

Research shows that youth with authoritative parents have the lowest levels of drug and alcohol abuse. They also have better self-regulation, more confidence, and better social skills. Authoritative parents are:

- ◆ loving but firm;
- ◆ warm;
- ◆ responsive; and
- ◆ empathetic. They:
  - ◆ make age-appropriate demands;
  - ◆ are attuned and responsive to their kids' feelings; and
  - ◆ calmly set limits.

**Discuss the benefits of being substance-free with your children. They really are listening.**

For more information, please visit our website:  
[www.drugfreesteuben.org](http://www.drugfreesteuben.org)