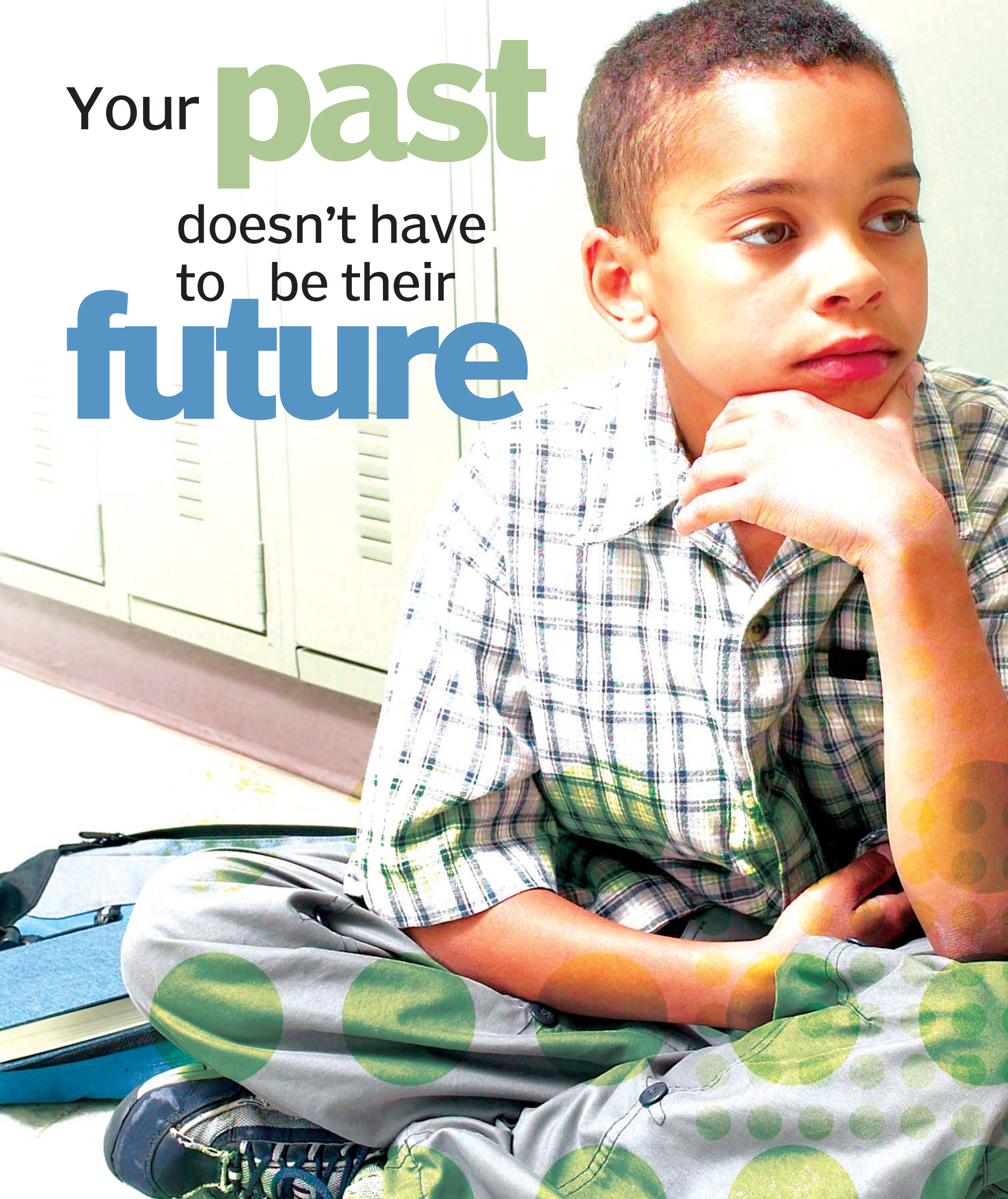


Your **past** doesn't have to be their **future**



The issue isn't about your past. It's about your children's future. What's important is that your kids understand that you don't want them to use drugs.

For many parents, a child's "Did you ever use drugs?" question is a tough one to answer. Unless the answer is no, most parents stutter and stammer through an answer and leave their kids feeling like they haven't learned anything — or even worse, that their parents are hypocrites. You want your kids to follow your rules and you don't want them to hold your history up as an example to follow — or as a tool to use against you. The conversation doesn't have to be awkward, and you can use it to your advantage by turning it into a teachable moment.

Many experts recommend that you give an honest answer — but you don't have to tell your kids every detail. Avoid giving your child more information than they ask for. Ask a lot of questions to make sure you understand exactly why they are asking about your drug history. Limit your response to that information.

The discussion provides a great opportunity to speak openly about why drugs are dangerous, and why you want your kids to live a drug-free life..



For help or more information:
1-888-PAR-NEXT

TBO.com keyword: **Drug Free**