



# Talking to Kids About Drugs

*A Guidebook for Parents and Caregivers*

# Introduction

Parents play a very important part in their child's decision not to use drugs.

Over the past few years, surveys have told us that parents have a significant opportunity to influence their children. When kids learn about drugs from their parents or caregivers, they are 36 percent less likely to smoke marijuana, 50 percent less likely to use inhalants, 56 percent less likely to use cocaine and 65 percent less likely to use LSD.

Young people learn about themselves and life at home. This is where they will develop a strong sense of well-being and decent values.

Among the youth who perceive that their parents would strongly disapprove of smoking one or more packs of cigarettes a day (89.8% of youth), 8.5% had used cigarettes in the past month, compared with 45.2% of youth who perceived that their parents would not strongly disapprove.



We understand that talking about issues such as drugs may be difficult. This handbook is designed to help you discuss drugs more easily. By maintaining open and understanding communication with your child and giving him or her the truth, we know you can help your child live a drug-free life.

We want to help parents do this.

Sincerely,

  
**NARCONON**<sup>®</sup>

The staff and friends of Narconon International

Narconon is an international network that has been working in the drug rehabilitation and education field for over 35 years. Narconon provides education materials, videos and live presentations in schools and community groups. It is based on the works of author and humanitarian, L. Ron Hubbard.

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# Reaching Our Children Before It's Too Late

How does a parent prevent his or her child from using drugs?

What are the signs and symptoms of drug use?

What are the most successful methods of drug prevention?

What should you do if your teen is using drugs?

These are just a few of the questions parents are faced with today. Our mission is to provide parents with useful information and effective methods for keeping their kids away from drugs.

Kids today are flooded with false information about drugs. They are faced with peer pressure and various media influences pushing drug use. The message kids receive today is to look for the quick fix, that less effort is better, and that they should not have to work hard for what they desire in life. This often leaves them with little ambition and a feeling that there is no game in life. Drugs can be used as a solution to the feeling of boredom that they often feel, or even to solve any feelings of hopelessness they may feel. The risk-taking and the effects of the drugs themselves make life exciting again—at least for a short time.

Advertising worldwide pounds kids daily with messages to drink beer, to smoke cigarettes or to solve any pain, discomfort, inability to sleep or any emotional or physical problem with some medication instantly and at once. Kids see drugs and alcohol being used all around them, but are told that “they” shouldn’t try drugs.

Helping children to reach a sane and self-determined understanding of the truths about alcohol and other drugs can save them, and the world, enormous future trouble.

The key points of keeping your kids drug-free are KNOWLEDGE, RESPONSIBILITY and CONTROL. If your child has the *knowledge* of what drugs are and what they do to a person, they can then take *responsibility* for their own actions, make responsible decisions, and they can *control* their own lives (and those of their friends) and stay drug-free.

It is difficult to be responsible for something or control something unless you have KNOWLEDGE of it.

It is foolish to try to control or even know something without RESPONSIBILITY.

It is hard to fully know or be responsible for something over which you have no CONTROL.

These points are key to keeping your kids drug-free. If you sort out any situation you find yourself in on this basis (increasing knowledge, increasing responsibility, increasing control of it, then increasing knowledge, then responsibility, then control, etc.), you will generally succeed.



# Understanding Why Drugs Are Harmful

Both you *and* your child must know *why* drugs are harmful.

It is hard to make a decision unless you know *why* you are making it. Because children are just small men and women, they will make their own decisions, especially about drugs; you can be there to help them do this. We have found that once children really understand the truth about drugs, they *will* make the personal decision to be drug-free. It is this personal decision that will last and stay with them.

The facts and information in this booklet can help you talk to your child and provide the information he or she needs to make this choice.

An estimated 21.6 million people in the United States aged 12 or older in 2003 were classified with substance dependence or abuse (9.1% of the total population aged 12 or older).

# The Truth About Drugs

## *What are Drugs?*

Drugs are substances that aren't food or nutrition that, when put into the body, change the way the body works or the way the person thinks or feels.

*All* drugs can be toxic or poisonous. There are three effects that any drug can have: a small amount acts as a stimulant and can make a person "hyper" (speeds one up); a greater amount acts as a sedative and starts to put one to sleep; an even greater amount taken fast enough can kill someone.

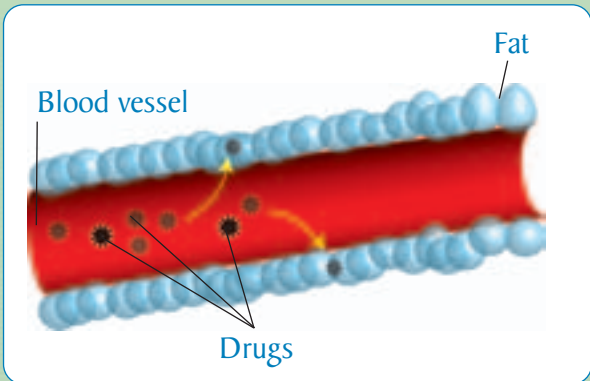


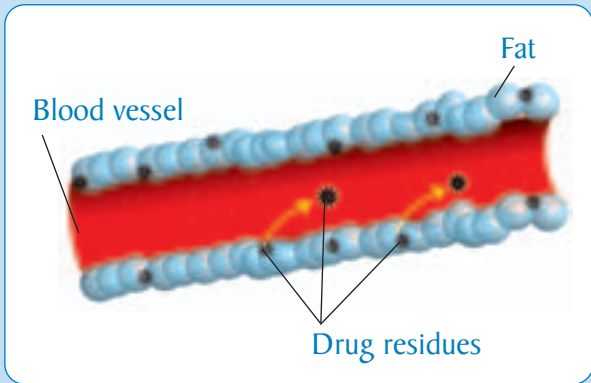
This is true of virtually any drug. Each has a different amount at which it gives those results. Caffeine is a drug, so coffee is an example. Two or three cups stimulate. Ten cups would probably put a person to sleep. One hundred cups of coffee would probably kill a person.

This is a useful point in talking to your child about drugs. Many children and young adults have been given information that drugs are safe. It is important they understand that *all* drugs can be harmful. Many are dangerous enough to be toxic even in small amounts.

# Drugs in the Body

- Drugs circulate through the bloodstream and enter tissues in the body. Most drugs have a special affinity (attraction) for the fatty tissues and dissolve easily in fat.
- Drugs are not always eliminated from the body.
- Drug residues can stay in the blood or fat or other tissues for varying lengths of time.
- The body can, during later exercise or physical labor (which burns up the fat), release the chemicals into the bloodstream where they can affect the person again.





One widespread myth about drugs is that they only stay in the system for a short time so there is little long-term risk. Taking drugs, as you can see, is not necessarily a one-time game. Drugs can affect a person even long after he has stopped taking them.

By giving your child this information, he will be better informed of the real situation and less likely to take drugs.

Additionally, drugs have an even greater effect on growing bodies. Children's bodies are still changing and developing. They can be significantly affected by the chemicals and toxins in drugs.

# Why Do People Take Drugs?

Anyone who takes drugs, takes them to get rid of some pain or to avoid problems and unwanted feelings. These unwanted feelings could be any unpleasant feelings, including boredom. Drugs are considered valuable to the degree they produce some desirable effect.

To understand why someone takes drugs *now*, you need to know what was wrong *before* he or she started taking them.

- The person may have had some physical problem which was causing him or her pain.
- He or she may have been trying to calm down.
- Maybe he or she was unable to sleep.
- The person may have wanted to be accepted by other people.
- He or she may have wanted to feel happier.
- Or possibly the person was just bored.

Drugs were a temporary solution to the unwanted feelings or unwanted conditions. To get a real solution, the person would have to fix what was causing the problem in the first place.

# Drugs and Their Effects



The following gives you an outline of types of drugs and their effects. Being familiar with these kinds of drugs will help you address the subject with your child and answer questions he or she has. It will also familiarize you with some of the effects of drugs that people today are facing.



**Narcotics** are drugs, especially illegal drugs, that can dull the senses, bring sleep and relieve pain, making them similar to depressants. The difference is mostly in the fact that narcotics have a stronger effect. Too much of a narcotic can cause a coma or even death.

A **stimulant** is anything that quickens some vital body part or organ or seems to speed up a person. Cocaine is a stimulant.

Short-term effects of stimulants:

- Increased heart rate
- Increased body heat
- Increased activity (the person moves faster, is more awake, etc.)
- Increased blood pressure
- Constricted blood vessels



## Possible long-term effects of stimulants:

- Extreme agitation or the feeling of being so anxious, nervous, or upset that one cannot keep still or think calmly
- Inability to sleep
- Delusions or false beliefs about things
- Hallucinations (something that one sees, feels or hears that is not really there, or the experience of this)
- Paranoia or an unreasonable belief that one cannot trust other people, or that others are trying to harm one

Again, as stated earlier, any drug can act as a stimulant or a depressant, depending on the amount taken. A small amount stimulates, a larger amount acts as a sedative or depressant, and an even larger amount can kill one. It is the quantity of drug taken which creates the above effects.

A **depressant** is a kind of drug that lowers the activity of the body. Depressants are commonly used to help one sleep and to relieve pain. They normally slow brain function.

Short-term effects of depressants can include:

- A “sleepy” and uncoordinated feeling
- Poor coordination
- Reduced intellectual ability and reduced ability to concentrate or remember information
- Reduced motivation and energy
- Reduced ability to operate machinery, drive, climb or swim
- Difficulty in making good judgments
- Slow breathing, or slowed heart beat and respiration (which can be fatal)

Long-term effects of depressants can include:

- Physical dependence
- Addiction
- Withdrawal problems including possible seizures
- Excessive urination or thirst
- Diarrhea and vomiting
- Dizziness or muscle weakness
- Increased anxiety
- Sleeplessness



**Hallucinogens** are drugs that produce altered perceptions of reality. Hallucinogens are the most powerful and mind-bending of all the drugs. Some hallucinogens are depressants, others are stimulants.

Short-term effects of hallucinogens:

- Intensified perceptions/hallucinations
- Increased heart rate
- Nausea
- Loss of appetite
- Chills
- Flushing
- Shaking
- Paranoia
- Confusion
- Acute panic

The effects of psychedelics like LSD are unpredictable. On a “bad trip” there may be unpleasant feelings of disorientation, panic and/or paranoia. These may last several hours.

Hallucinogens can also create a temporary yet severe mental disorder, where thoughts and emotions are so confused that the drug user loses touch with reality.

This person can't cope with routine problems, can't control himself or herself and may become frightened or anxious.

People who often use such drugs could have difficulty concentrating and communicating, or could have difficulty telling the difference between reality and illusion.

## Long-term effects of hallucinogens:

- People can suffer flashbacks where they relive experiences when tripping. This can be intensely disorienting and cause anxiety.





Some substances turn to gas and, when the fumes are inhaled, can cause the user to feel high. These are **inhalants**. The term “chroming” or “glue sniffing” is used to cover all forms of inhalant use. Some things used as inhalants are: glue, aerosol spray, lighter fluid, paint thinner, chrome-based paint, nail polish, correctional fluid and gasoline.

## Short-term effects of inhalants:

- After a high, the drug slows down the central nervous system or the messages going to and from the brain to the body
- Dizziness
- “Dopeyness” leading to unconsciousness

## Long-term effects of inhalants:

- Unconsciousness
- Bad cramps
- Confusion
- Permanent damage to nerve tissue
- Death. This can be caused by heart failure, particularly if the user is stressed or does heavy exercise. Some users have been known to pass out and suffocate in the plastic bag they inhale from.

Like most street drugs, inhalants are addictive.



Some items used as inhalants

## *What is Drug Abuse?*

**Drug abuse** is the consumption of any illegal drug, or the irresponsible use of any legal drug (including failure to follow prescribed instructions for medical drugs).

## *What is Addiction?*

When a person is unable to stop doing something, even though there are many troubles that result from doing it, we say that that person is **addicted**.

## *Physical Addiction*

**Physical addiction** occurs when a person's body becomes used to functioning with the drug present. If use is suddenly stopped, symptoms of withdrawal can be experienced.

## ***Vitamin and Mineral Burn-Up and Physical Addiction***

- Drugs cause nutrients to be used at an abnormally high speed.
  - Alcohol and other drugs rapidly burn up the vitamin B1 in the system.
  - Certain drugs also burn up available niacin and vitamin C.
  - Calcium can also be burned up.
- This burn-up of nutrients can cause certain negative symptoms.
  - Lack of B1 can cause the person to become depressed and experience sweating, trembling, anxiety and frightening hallucinations.
  - Lack of vitamin C can cause headaches and slowed healing of body tissue.
  - Lack of calcium can produce nervousness.
- If drug use is continued, drugs can cause imbalances and deficiencies in a person's body.

- A person may not be aware of these because he or she is high and his or her perceptions are dulled.
- The person feels the negative effects when he or she is not on drugs.
- That person then takes more drugs to get rid of the pain. This causes more imbalances and deficiencies.
- Soon this person needs a larger amount of the drug, more often, just to get rid of the pain, not even to feel high.

This process is a major reason why people remain addicted to drugs.

# Withdrawal

**Withdrawal** refers to the period of time after a person has given up a drug that he or she was dependent on. It also refers to the mental and physical effects that this process involves.

Taking drugs can not only cause uncomfortable effects and damage to a person's body, but coming off drugs can be an uncomfortable and painful process as the body experiences in full force the damage and deficiencies created by drugs. A person would do well to avoid both.

# Withdrawal Symptoms

The worst part of coming off hard drugs is the reaction called withdrawal symptoms. These are the physical and mental reactions to no longer taking drugs. People go into convulsions. These can be so severe that the addict becomes very afraid of them and so remains on drugs. The reaction can even produce death.



# Emotional Addiction

As stated earlier, drugs can be a temporary solution to pain, problems or unwanted feelings.

But when any drug wears off, the pain or other feeling that went away comes back stronger than before.

If someone had a problem that made him want to take drugs, for example, feeling “too nervous” to talk to anyone at a party, he might take a drug to help him relax.

When the drug wears off, the feeling of nervousness is worse than before, and he wants *more* drugs to calm himself.

But this person’s problem with talking to people won’t go away until he does something about his shyness and finds out he *can* talk to people without drugs.

# A Gradual Change

No one intends to become an addict. The addict has been found not to want to be an addict, but is driven by pain and environmental hopelessness. Addiction is often gradual and a person may not realize he has a problem until it is too late. This is the case for many people, including youth.

It is important for your child to understand that while a person may feel he can control drug use at first, the more a person takes drugs, the more the drugs control him.

The best way to prevent this from happening is to never use drugs in the first place.

# Symptoms of Drug Use

- Drop in school attendance or academic performance
- Lack of interest in personal appearance
- Physical changes (e.g., persistent runny nose, red eyes, coughing, wheezing, bruises, needle marks)
- Uncharacteristic withdrawal from family, friends or interests
- Isolation, depression, fatigue
- Hostility and lack of cooperativeness
- Increase in borrowing money
- Unaccounted-for cash, especially in small denominations
- Change in friends
- Loss of interest in hobbies and/or sports that used to be important

- Change in eating/sleeping habits
- Evidence of drugs or drug paraphernalia (e.g., rolling papers, eye drops, butane lighters, pipes)
- Use of incense or room deodorant
- Evidence of inhaling products (such as hairspray, nail polish and correction fluid) and chemicals used to get high (e.g., rags soaked in chemicals or gasoline smell of chemicals on the person, more frequent need to buy household products, etc.)
- Smell of alcohol on the breath or sudden, frequent use of breath mints
- Watered-down alcohol in liquor bottles in the liquor cabinet
- Sudden use of strong perfume or cologne
- Heightened secrecy about actions or possessions

Don't jump to conclusions as there can be other reasons for some of these symptoms.

Use your judgment—if you think your child is using drugs, ask them about it. Whether they are using drugs or not, none of these are good symptoms and you should find out what the problem is so you can help your child with it.

If you are not sure your child is being honest, you may need to gather more information and inspect in order to find out. Don't give up until you're sure as this could mean the difference between addiction and a drug-free life.



# Summary

All of this information can help your child understand the truth about drugs. By going over this information with your son or daughter, he or she can be better prepared to make informed decisions and know what really happens when a person takes drugs.

In 2003, an estimated 6.3 million people in the United States alone used psychotherapeutic drugs non-medically.

# Talking to Your Kids About Drugs

One important point that will help you in talking to your kids is just being honest and real.

You can probably remember a time when someone tried to scare you or threaten you into making a particular decision, rather than letting you think it through for yourself. This was probably not very helpful or effective.

It helps to be real with your son or daughter. Don't scare your child out of doing drugs—if they understand the truth, and understand your position on drugs, they will make the right decision themselves.

We have found that threats and “scare tactics” can have the reverse effect on a child—it can actually make them want to try drugs. The best method is to be honest and real about what drugs are and what they do.

# Trust

Mutual trust is the firmest building block in human relationships. Without it, the whole structure comes down.

Here are some tips to maintain the trust between you and your child:

- Keep your word to your child. Don't make promises you can't keep. Tell them you will try, but don't make promises unless you can keep them.
- Make your son or daughter feel safe talking to you—they should feel like they can tell you anything and receive help.
- Set a good example. When your kids see that you believe what you say to them and that you are honest about it, they are more inclined to follow your example.
- Listen to your child and what he or she has to say. Make the time to listen and understand. Your child may have problems and difficulties he or she is trying to deal with. Knowing they can talk to you is



important to them. Let *them* talk—don't make your communication a "one-way street."

- Be honest. If you don't know the answer to a question, find out the answer with your child. It is safer and more helpful to find out the real answer than try to explain away something you are not familiar with.
- Maintain a high level of communication, affinity (love) and understanding toward your child so your child knows you really understand him or her.
- Make an agreement with your child to maintain your mutual trust.

Trust between a parent and child makes for a strong relationship and a drug-free life.

# Your Position on Drugs

When building trust and good communication, you should also make your position on drugs clear. Your child should know exactly how you feel about drugs so they are not in a mystery on your position.

There are many ways to say this and you should communicate in a way that is natural and comfortable for you. Here are a few suggestions:

- “I want to make sure you know that I don’t want you using drugs. I care about you and don’t want to see you hurt.”
- “Drugs are destructive. They have ruined many lives. I don’t want them to ruin yours.”
- “Just know that I don’t want you doing drugs or drinking alcohol. I want you to be healthy and successful.”

# Goals and Success

It's also important for your child to know how drugs can affect his or her future.

Drug users, from observation, are apparently sitting on the fallacy that "if you're numb nothing can hurt you." Drugs, then, are probably a defense against the real world.

Drugs can block off pain and other unwanted sensations. But there is a whole sector of *desirable* sensations and drugs block off *all* sensations.

Discussing this with your child gives you an opportunity to help him or her see the negative effects of drugs and then help him or her create positive goals. Find out what your child likes to do and work out fun ways to do this. Helping them set positive goals now will help them prepare for their futures and enable them to enjoy life, not hide from it.

Another important point is that drugs impede learning. It is empirical (observed) fact. Learning rate—the length of time it takes someone to learn something—has been proven to be slower in drug users than others. Actual tests show that the learning rate of a person who has been on drugs is much lower than that of a person who hasn't.

Additionally, dexterity, ability and alertness are the main things that prevent one from getting into painful situations. These all vanish with drugs.

Drugs set you up to get into situations which are truly disastrous and keep you that way.

The way for your child to live a happy, drug-free life is by learning and improving his abilities. By helping him do this, you will also be helping him become successful and stay drug-free.

# Tips for Parents

Being a friend to your child will build and maintain a relationship of trust, and make it safe for your child to go to you for help with problems instead of turning to someone else, or turning to drugs.



The following excerpts are taken from the book *The Way to Happiness*. It provides some helpful tips on how you can build that relationship of trust. (The full booklet is available at [www.twth.org](http://www.twth.org).)

# Loving and Helping Children

*A child is a little bit like a blank slate. If you write the wrong things on it, it will say the wrong things. But, unlike a blank slate, a child tends to write what has been written already.*

*The child will not survive well unless he or she eventually becomes self-reliant and very moral. A child cannot survive well in the long run if he or she does not have his or her feet put on the way to survival.*

*What does have workability is simply to try to be the child's friend. It is certainly true that a child needs friends. Try to find out what a child's problem really is and, without crushing their own solutions, try to help them solve them. Observe them—and this applies even to babies. Listen to what children tell you about their lives. Let them help—if you don't, they become overwhelmed with a sense of obligation which they then must repress.*



*From a child's point of view, parents are sometimes hard to understand. There are differences between generations. But truthfully, this is no barrier. When one is weak, it is a temptation to take refuge in subterfuges (secret tricks or dishonest ways of doing things) and lies: it is this which builds the wall.*

*Children can reconcile their differences with their parents. Before any shouting begins, one can at least try to talk it over quietly. If the child is frank and honest, there cannot help but be an appeal that will reach. It is often possible to attain a compromise where both sides now understand and can agree. It*



*is not always easy to get along with others but one should try.*

*One cannot overlook the fact that almost always, parents are acting from a very strong desire to do what they believe to be best for the child.*

*Children are indebted to their parents for their upbringing—if the parents did so. While some parents are so fiercely independent that they will accept no return on the obligation, it is nevertheless true that there often comes a time when it is the turn of the younger generation to care for their parents.*



# Communication and Understanding

Communication about the subject of drugs should be open and honest. It maintains trust and helps your child get the truth from you.

Keep in mind that that with which we tend to agree, tends to be more real than that with which we do not agree. There is a definite coordination between agreement and reality. Those things are real which we agree are real. Those things are not real which we agree are not real. On those things upon which we disagree with, we have very little reality. For example, a teenager may not agree that the music you listen to is good music—that's not very real to him or her.

How do you talk to your child then? You establish reality by finding something with which you both agree. Then you attempt to maintain as high an affinity level (degree of liking) as possible. You are then able to talk with him or her. If you do not have the first two conditions of reality and affinity, it is fairly certain that the third condition will not be present, which is to say, you will not be able to talk to him or her easily.

Affinity, reality and communication are interdependent upon one another, and when one drops the other two drop also. When one rises the other two rise also. It is only necessary to improve one condition in order to improve the remaining two conditions. It is only necessary to improve two conditions to improve the third.

Talking about drugs can be difficult for your child. Give your child time to answer up if you ask a question. Listening is even more important than talking.

# Understanding

Understanding is compounded of affinity, reality and communication. When an individual's understanding is great, his affinity, reality and communication are quite high, and when an individual's ability to understand is small, his affinity, reality and communication are accordingly small.

When we raise these three parts we have raised somebody's understanding. It is use of the affinity, reality and communication interrelationship which accomplishes this.

By increasing your affinity, reality and communication with your son or daughter, you will build a better understanding between both of you.



# Care

Remember that being a parent isn't a matter of punishment or restriction, but a matter of care. You are the one who makes the environment safe for your kids so they can be independent and make their own choices.

Some things you can do to be there and care for your child are:

- Know the “W’s”: who, what, when and where.
- Know the parents of your son’s or daughter’s friends.
- Be alert; notice when something doesn’t seem right and don’t brush it off.
- Get a phone number where you can reach your kids.
- Make sure they know how to handle a risky situation.
- Take action to help.

***What if your son or daughter asks you if you have ever tried drugs?***

With a topic that can be personal, it is up to you to decide how much information you want to give your child about your experiences. You may feel more comfortable telling your kids about other people's experiences that you have observed.

Often children can benefit from getting a more realistic viewpoint on drugs.

However, if you did drugs, it is important that you communicate the negative effects of this.

Keep it real; don't exaggerate the negative effects or use "scare tactics," and don't glorify initial experiences with drugs.

No matter what, answer your child's questions. Answering his or her questions pays them respect.

And never lie to them about your drug experiences. A lie can ruin any trust you have built between yourself and your child.

## ***When can I talk to my child about drugs?***

There are many opportunities for parents to talk to their children; they just have to be taken advantage of.

Here are a few examples:

- In the car
- At dinner
- Taking a walk
- After watching a movie or TV show that involved drugs
- Spending time with your child
- Before bed

You may even have to plan ahead and decide to have a specific time with just you and your son or daughter to communicate about drugs. Wherever and however you do it, it is time well spent.

# Advice to Children for Handling Risky Situations

The reality is that many children and teens don't do drugs. However, they are often faced with drugs and drug use. Make sure they know how to handle these situations.

## *Things kids can say:*

- “I don't like taking drugs.”
- “They'll ruin my game.”
- “The coach/my parents would kill me if they found out.”
- “I don't want to ruin my lungs/body/etc.”
- “No thanks.”

There are many other ways to resist taking drugs and you can help your child work out the best way for him or her.



### *Things kids can do:*

- Walk away
- Call their mom/dad/brother/friend to pick them up
- Call a taxi to take them home
- Call someone they trust and get their help
- Have your child stick with other kids who don't do drugs. It is much easier for him or her to say "No" with friends who back him or her up.

Make it clear that your child can always call you and get help no matter what the situation.

# Take Action

What to do if your child is taking drugs:

- Find out why your child started taking drugs and help them resolve the reason they started taking drugs in the first place.
- Effectively show him or her how drugs are harmful:
  - Have your son or daughter talk to medical staff in an emergency room who have seen drug cases.
  - Have your son or daughter talk to a former addict.
- Above all, don't ignore it. Take the care to find out why they started. Make it safe for your child to talk to you. Ask, and then listen to what he or she has to say. If you work at this, if you keep calm and work as a friend to find the real reason, the real problem they were trying to solve, and if you let *them* talk, you will help them more than you can imagine. And you will help them make a permanent change.

- Have your son or daughter relook at their behavior and sign an agreement that they will not break the law or the rules of the house about drinking alcohol or using other drugs.
- Have your son or daughter get a job or do community service work so they are contributing and helping rather than doing damage.
- If your child is addicted and needs professional help, call a Narconon representative who can refer you to a medical professional, counselor or rehabilitation center near you.

# Community Involvement

- Find out whether there are anti-drug groups or coalitions in your community and join them.
- Start your own anti-drug group and get your neighbors to join.
- Hold drug-free block parties or picnics.
- Help your kids start community clubs in areas that they are interested in (basketball, movie-making, painting, swimming, baking, sailing, etc.).
- Set up community work programs for young teens such as babysitting or lawn-mowing.
- Make sure there is drug education in your child's school.
- Volunteer in your faith community with your child.

# Conclusion

You are not alone in facing this destructive element. Other parents also have to deal with the same issue. Working together, you can help each other make the environment a safe place for children to live and grow.



Good luck!

For more help, contact Narconon International or your local Narconon center. We have worked with families and communities for over thirty-five years in salvaging those under the influence of drugs. We have the experience and knowledge and we can help you.

### **NARCONON INTERNATIONAL**

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E-mail: [info@narconon.org](mailto:info@narconon.org)

To find the Narconon center nearest you, call Narconon International or visit us on the web.

Narconon centers use a holistic, drug-free approach to drug rehabilitation. Narconon centers are open to anyone of any race, creed or color.

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