

## Do - It - Yourself Drug Prevention

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Miller Newton, president and clinical director of a New Jersey treatment center for troubled adolescents and their families, offered adults these tips:

Re - examine your own use of medications and other drugs and alcohol to see what message you give young people.

Develop a goal - oriented family, not one whose aim is being happy.

"When I hear parents say I most want my child to be happy, I almost throw up," Newton said.

Share household tasks because they help family members know each other better.

Spend recreational time together, sharing each other's interests.

Families have far more free time to be together than they did years ago, when the work week was longer, he said.

Be honest and open; don't tell small lies and withhold information.

Listen to each other and comprehend both the message and the between - the - lines meaning.

Be explicit about rules of behavior, the consequences of violating them, and, if violations occur, follow through with the punishment.

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