



Grade K-3

6-9 YEARS

Keys to prevention at this age

- Modeling healthy behaviors
- Teaching facts
- Assisting your children in developing their decision making and problem solving skills

Your child is beginning to spend more time at school and is starting to collect information (including messages about drugs and alcohol) from several new places such as the media and popular culture. It's very important that you continue talking to your child about a healthy, drug-free lifestyle to ensure that out of all the voices your child hears, YOURS will be the guiding force.

Key Influences in your K-3rd grader's world:

- Parent/Caregiver
- Teachers
- Peers
- Media (TV, radio, etc.)

Substances in your K-3rd grader's world can include:

- Tobacco
- Alcohol
- Prescription drugs and over-the-counter medicines (including vitamins)

Parenting Tips

- ✓ Start talking now
- ✓ Set clear rules and role model good behavior
- ✓ Know who is influencing your child
- ✓ Be aware of substance-abuse related messages in the media
- ✓ Provide ways to say NO
- ✓ Keep your child active in the community

Discussions about alcohol and other drugs must be in the here and now and related to people and events the child knows about. Most children are very interested in how their bodies work, so discussions should focus on maintaining good health and avoiding things that might harm the body.

Adults are very important both as teachers and role models. Children are generally trusting and they believe the decisions adults make for them are the right ones. Help your child know who to trust. They need to understand that just because someone tells them to do something, doesn't mean it is always "right".

At this age, children view issues as right or wrong with very little middle ground; therefore, this is an ideal time to set clear rules. Have clear expectations for behavior, tell them the reasons for your rules, monitor your child, and implement appropriate consequences. Keep in mind that research indicates children are more likely to follow rules they themselves have helped to create through joint decision-making rather than rules that have been set in an authoritarian way.