



DRUG RESCUE
EDUCATE EMPOWER HEAL

**SHINING THE
LIGHT ON DRUGS**

**ADDICTION IS A DISEASE
NOT AN IDENTITY**

**THE NUMBER ONE KILLER OF AGES 18-45 IS NOW
OPIOID OVERDOSE ACCORDING TO CDC
CDC.GOV**

Talking to Your Child About Drugs

Parents can help protect kids against drug use by giving them the facts before they're in a risky situation.



8-12 Years Old

- Ask in a nonjudgmental, open-ended way, so you're more likely to get an honest response.
- Talking now helps keep the door open as kids get older so they continue to share their thoughts and feelings.



Teenage Years

- Have conversations not only to understand your teen's thoughts and feelings, but also to talk about the dangers of driving under the influence of drugs or alcohol. Talk about the legal issues — jail time and fines — and the possibility that they or someone else might be killed or seriously injured (Hirsch, 2020).

How Can I Keep My Child Safe From Drugs?

Drugs can affect any family. But by talking with your kids and staying involved in their lives, you can help keep them safe.

- Encourage your kids to take part in hobbies, sports, and clubs that interest them. This can help with positive interactions and self-esteem.
- Help kids know how to turn down drugs if they are offered. Let them know they can always text or call if they want to leave a situation and you will come get them (Hirsch, 2020).



How to Say No

Facing constant peer pressure can be hard. The tips here help, but it's important that you are confident in your decision to be drug-free in the first place. Learning the facts and dangers associated with drug use is a good place to start. Don't be afraid to seek help.

- Stick with your bestie for backup
- Avoid peer pressure situations
- Be the sober one that makes sure everyone gets home safe
- Ask a million questions. This will affirm your choice to be drug free.
- Create a script and stick to it (Dealing, accessed 2024).

Some Drug Facts

Vaping

Past 30-day e-cigarette users were at an 81% higher risk of experiencing a symptom called wheeze than never users after accounting for survey wave, age, sex, race and parental education. Wheeze was defined as wheezing or whistling in the chest in the previous 12 months. (Constantino, 2023)



Opioids

In 2023 the overdose death rate topped 112,000 in a 12 month period for the first time, according to the Centers for Disease Control and Prevention. (Mann et al., 2023)



**PLEASE SUPPORT
PRAY, VOLUNTEER AND/OR DONATE.**

**Check __Made payable to Drug Rescue
PayPal __drugrescue4301@gmail.com.
Credit cards____call with #
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Addiction is a Disease!

In fact, it is a family disease!

It affects the whole family.

Addiction is NOT an Identity!

It's OK to say my child has an

Addiction or drug problem!

Just like you would say they have cancer or diabetes.

And just like cancer or diabetes

Addiction needs proper treatment.

Helpful Websites For Information on Drugs

- **Addiction:** americanaddictioncenter.org
- **Drug Abuse:** <https://nida.nih.gov/>
- **Drugs:** dea.gov
- **Drug Statistics:** [NCDAShttps://drugabusestatistics.org/](https://drugabusestatistics.org/)
- KidsHealth.org
- **National Helpline:** SAMHSA.gov



Get In Touch With Us

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drugrescue.org

Mission

- **EDUCATE** parents and children about drugs and addiction.
- **EMPOWER** people to **STAND UP** and **SPEAK OUT**.
- **HEAL** people and help find the best rehab and support for those seeking to escape addiction.



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