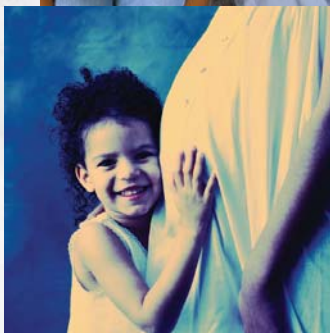
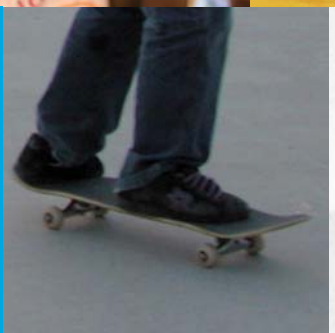


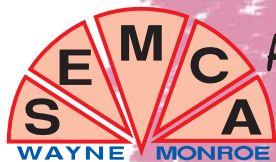
# PARENTING

## matters



- Teenagers- What are they thinking?
- How to communicate with your kids
- 13 tips for talking with teens about anything
- How to keep your kids off drugs, alcohol and cigarettes!





A message from the  
**Southeast Michigan  
Community Alliance**

Welcome to Parenting Matters, a supplement to help you keep your kids safe and drug free. Whether you are a parent, grandparent or guardian, this supplement is designed to provide you with helpful tidbits and resources for parents and children.


As one of 16 substance abuse coordinating agencies in Michigan, the Southeast Michigan Community Alliance believes in nurturing children from a young age to guide them on the path to success and self-sufficiency. We realize this path is not always easy to follow due to roadblocks, which sometimes seem impossible to overcome. Parenting Matters is not intended to provide all the answers, but be a useful guide that will encourage positive parenting during the years children need role models the most.


Parenting Matters is a tool you can refer to time and time again. It focuses on the following key subjects that will help you keep your children safe:


- Provides a framework for examining substance use in children.
- Encourages you as the parent to create your own guidelines for using and not using substances.
- Helps you improve communication with your child.
- Alerts you to the hidden signs of substance use.
- Provides reasons why condoning substance use has long lasting effects.

So relax and enjoy, **and let us know what you think by visiting us at [www.semcaprevention.org](http://www.semcaprevention.org) and filling out a survey for a chance to win a Family Fun Pack Night at the Movies.** In addition, you will receive a free parenting handbook just for taking the time to give us your feedback. Parenting is not easy, but with useful information and helpful resources, your children will benefit the most.

Yours in Parenting,

  
Jack O'Reilly  
SEMCA Executive Director

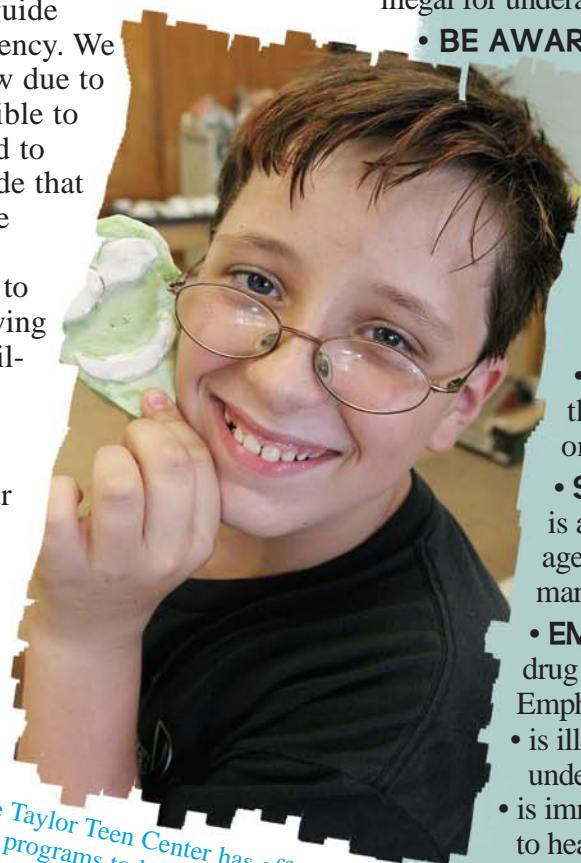
  
Marsha Bianconi  
SEMCA  
Substance Abuse Board Chair

  
Theresa Webster  
SEMCA Prevention  
Administrator

Contents written by Prevention Network for Parenting Awareness Month and used with permission by SEMCA to create this parent guide. For more information visit [www.preventionnetwork.org](http://www.preventionnetwork.org)  
Printing and distribution paid for by the Southeast Michigan Community Alliance. 25363 Eureka Rd. Taylor, MI 48180  
[www.semcaprevention.org](http://www.semcaprevention.org)

## Tips For Parents To Avoid Alcohol, Tobacco, Or Other Drug Problems In Children

- **TALK TO YOUR CHILDREN.** Give accurate information. Start early and keep talking.
- **LISTEN TO YOUR CHILDREN.** You will learn what they are dealing with and what they need to know.
- **STATE CLEARLY THAT YOU DO NOT WANT AND DO NOT EXPECT YOUR CHILD TO USE ALCOHOL, TOBACCO, OR OTHER DRUGS.** (All are illegal for underage children.)
  - **BE AWARE OF AND DISCUSS ALCOHOLISM IN THE FAMILY, OR OTHER FACTORS THAT PUT YOUR CHILDREN AT RISK.**
    - **BUILD ON THE ASSETS IN YOUR CHILD, FAMILY, SCHOOL, AND COMMUNITY.** Every child, family, school, and community has strengths and positive qualities to celebrate and nurture.
    - **HAVE FAMILY RULES.** Enforce them and carry out logical and clearly stated consequences.
    - **PROVIDE GOOD ROLE MODELING.** Parent behavior is the biggest influence on a child's use of alcohol, tobacco or other drugs.
    - **START EARLY BY PREVENTING TOBACCO USE.** Tobacco is a highly addicting drug. Many children try tobacco at an early age and become hooked. Smoking is also an indicator for later marijuana use and other risky behaviors.
    - **EMPHASIZE THE RISKS OF ALCOHOL.** A child's belief that a drug is harmless or acceptable increases their risk of using. Emphasize that alcohol-
      - is illegal for persons under 21
      - is immediately harmful to health
      - alters judgment and perception
      - has effects which interfere with physical, emotional and social growth and brain development
      - can cause inappropriate, risky, and unintended behavior, and dependence, addiction, and death from intoxication.
- **KNOW WHAT YOUR CHILDREN ARE DOING -** The people they associate with, what they do after school, what's in their bedroom.
- **KNOW YOUR CHILDREN'S FRIENDS AND THEIR PARENTS. SUPERVISE ACTIVITIES AND AFTER SCHOOL HOURS.**
- **HELP YOUR CHILD DEAL WITH MEDIA, PEER, AND SOCIAL PRESSURES.** Rehearse with them how to make a good decision, say "no," and avoid risky situations. Participate in and discuss TV, movies, and music with them.
- **TALK TO YOUR CHILDREN EVEN IF YOU HAVE USED ALCOHOL, TOBACCO, OR OTHER DRUGS YOURSELF.**
  - Don't lie, but don't dwell on the subject either.
  - Avoid discussion which could glamorize use, or give an unintended "I survived, you can too" message.
  - Stress that today we know better about the hazards of alcohol, tobacco, and other drugs.
  - If you smoke, express your wish that you were not dependent.
  - Say the discussion is not about your past mistakes, but about mistakes your child must avoid.
- **HUG YOUR CHILDREN AND TELL THEM THAT YOU LOVE THEM!** Their world is not an easy place to be in. They need your supervision and your love.



The Taylor Teen Center has offered summer programs to local kids for 18 years.

# How Parents Can Help Their Children Cope With Divorce

*Divorce often results in children feeling overwhelmed by the losses and changes they are experiencing. It takes time to adjust, and the time needed varies from child to child. Parents can help their children cope with divorce.*

## Children Need Predictability

- ☉ Children who can maintain regular routines are less likely to be overwhelmed by the changes divorce brings. Parents should do their best to build and maintain healthy and smooth environments.
- ☉ Children need frequent and regular contacts with both parents.
- ☉ Parents should be on time for the exchange of children for time-sharing. This sets a good example for children and does not disrupt children's routines.
- ☉ Children need continued contact with friends and relatives of both parents.
- ☉ Children need personal space to call their own, even if it is just a corner.
- ☉ Parents should exercise caution when introducing new boyfriends or girlfriends to children. Children often feel confused about their sense of loyalty, and parents' casual relationship may contribute to children's sense of insecurity and instability.

## Children Need Relationships With Both Parents

- ☉ A parent needs to stress the good points about the other parent and avoid name-calling, saying bad things, or blaming the other parent for problems.
- ☉ A parent should keep family photos available, including photos of the other parent.
- ☉ A parent should allow children to express their love for the other parent and talk about their experiences with the other parent.
- ☉ If children complain about one parent, the other parent should encourage children to take the complaint to the person responsible rather than agree with the children. A parent has no control over the other parent.
- ☉ A parent should encourage the other parent's involvement in the children's school or other activities and advise of parent/teacher conferences, provide report cards and give other information pertaining to the welfare of the children.
- ☉ A parent should assist children in buying cards and gifts for the other parent.
- ☉ Parents should telephone, write, make tapes and send cards if they are not able to see their children regularly.

## Children Should Be Kept Out Of The Middle

- ☉ Parents should talk directly to each other about child-related information parents need to discuss. If talking is not possible, communicate in writing. Children should not be used as messengers.
- ☉ A parent should not ask children what goes on in the other parent's home. This is a violation of children's trust.
- ☉ Parents should not argue in front of the children.
- ☉ Parents should manage their feelings, and if they cannot, they should end the conversation until they are able to do so.
- ☉ Parents should never expect or encourage their children to take sides.
- ☉ If children tell a parent that the other parent lets them stay up late or lets them eat sweets for dinner, a parent should tell children that they must follow the rules of the household and that the other parent cannot be told what to do in his/her home.
- ☉ A parent should not withhold the children from the other parent or refuse to pay child support. Children should not be used as weapons to get back at the other parent.

## Children Need Parents As Adult Role Models

- ☉ Parents should use common courtesy and be civil and business-like in their dealings with each other.
- ☉ Parents should not jump to conclusions before getting all the information.
- ☉ Parents should follow-up agreements, in writing, about vacation dates, trips to the doctor or dentist, and changes in time-sharing to avoid confusion and double scheduling.
- ☉ Parents should negotiate with one another about changes in time-sharing or responsibilities for the children that each parent will assume. Negotiation requires giving and taking by both parents.
- ☉ Parents should recognize that as children grow and develop, time-sharing and parents' responsibilities may have to change to meet the changing needs of the children.
- ☉ Parents should not allow their past conflicts to interfere with present decisions regarding children.

# 10 Steps to Teach A Child Discipline

- ☞ Teach and model self-control by your example.
- ☞ Set routines for bedtime, meals, and chores.
- ☞ Explain reasons for your rules.
- ☞ Let your child help make rules.
- ☞ Let your child help decide consequences for broken rules.
- ☞ Try to understand your child's feelings
- ☞ If your child breaks a rule, control your anger
- ☞ If you lash out, apologize.
- ☞ Compliment your child often.
- ☞ Tell your child "I love you" each and every day.

# 13 Tips for Talking with Teens about Anything

*Talking with your teen is one of the most important ways that you can support them during their adolescence. Use these tips to help you talk to your teens about anything.*

1. Create an open environment
2. Consider your teen's temperament
3. Respect your child's feelings
4. Understand the question
5. Always be honest
6. If you don't know something, admit it
7. Don't leave big information gaps
8. Use age-appropriate language
9. Get feedback
10. Be patient
11. Say it again and again
12. Give them your undivided attention
13. Speak separately to kids of different ages

SEMCA has prevention programs designed to boost kids' self esteem.



# Grandparents Matter

A Discussion with Karen Schrock on Raising Grandchildren

By Melissa Thrasher

If you are a grandparent raising your grandchild, you are one of thousands heading grandparent households in Michigan. Whether short-term, long-term, by circumstance or choice, this article will help you deal with the daily pressures of parenting, and most importantly, making sure your grandchildren are healthy and drug free.

In this interview with Karen Schrock, president and CEO for Adult Well Being Services, Schrock shares helpful advice for successful parenting. After you read this article, you will realize just how lucky your grandchildren are to have someone like you in their life.

**Q:** *What is your advice for new grandparents that have taken the primary role as caregiver?*

**A:** Grandparents usually take on this responsibility due to incarceration or substance abuse issues, typically resulting with children requiring various needs. Many grandparents are not used to this type of parenting. I encourage new grandparents to get involved with an agency such as Adult Well Being Services, which offer education and support programs. These programs will connect grandparents to a variety of resources and eliminate the feeling that they are alone.

**Q:** *What do you see as the most significant issues grandparents face when raising their grandchildren? How do you recommend dealing with these issues?*

**A:** The saying “it takes a village to raise a child” no longer applies to the generation today, because there is a lack of universally accepted values. This generation is exposed to so many things at a young age (i.e. internet, cell phones and drugs) indicating a bigger need to monitor what children are exposed to. In addition, some grandparents may experience guilt or resentment because of their new role. Support groups can help grandparents realize these feelings are natural and help them adjust to their situation.

**Q:** *How do you recommend grandparents handle tough questions i.e. when is mommy coming home?*

**A:** This largely depends on developmental age of child, but always be honest and make sure your answers are age appropriate. For example, if the child is three-years-old and the parent is incarcerated for a long time, it is okay to say, “I am not sure.” But always give a child sense of hope in a bad situation. Depending on the parent's exit, a child may experience the inability to have confidence, so it is particularly important for the child to be able to rely on the grandparent. Furthermore, parenting groups can equip the grandparent with suggestions on how to handle tough questions because they will come up more earlier than later.

**Q:** *What can grandparents do to be involved in their grandchildren's lives?*

**A:** Get to know the grandchildren's friends and their families because grandparents need to know whom their grandchildren

are spending time with. Secondly, get involved with school to drive the message to teachers that you are interested in your child's development. It also gives you the opportunity to evaluate homework and educational activities. Lastly, involve your children in constructive activities other than school.

**Q:** *Parenting is not an easy task, especially after you raised your own children. What is your advice for grandparents who want to give up?*

**A:** Consult other family members and ask if they have some free time to give you a break. Grandparents may feel reluctant at first, but they should be willing to ask for support.

**Q:** *Do you recommend grandparents adopt a new method of parenting for this generation or stick to what they know?*

**A:** Yes, every grandparent should adopt new methods because society is forever changing.

**Q:** *How important is discipline when raising grandchildren? Do you have any suggestions on what measures to take?*

**A:** One of the most effective ways to discipline your grandchildren is to articulate expectations and boundaries. Research shows that corporal punishment is not an effective form of discipline because it results in the child being angry. An alternative is taking away privileges, which is more effective long-term.

**Q:** *Why is it important that grandparents take an active role regarding substance abuse? What signs should they pay attention to?*

**A:** The home is where prevention occurs first. Therefore, keep lines of communication open. Research shows that kids who are from homes with anti-drug messages are less likely to use drugs.

Grandparents should watch out for the following warning signs: poor school performance, association with another group of kids, smell of clothing and appearance. Grandparents can learn about drug prevention from parenting classes or requesting literature from the federal government and local organizations.

**Q:** *Do you have anything else to add?*

**A:** Thanks to all the grandparents for the wonderful things they are doing, not only for their grandchildren, but also for society.

Adult Well-Being Services offers grandparents an opportunity to participate in support groups as well as recreational and cultural activities for their grandchildren. For more information, call 313-925-1135.



Karen Schrock, president and CEO for Adult Well Being Services



# Fatherhood

Fathers, parenting is not easy, but do not think you are less important than mothers. Your roles are not the same; however they complement each other to fulfill what children need from their parents. You have a special place in your children's lives, and your interest in them can make a significant difference. Children whose fathers take an active part in their daily lives tend to be well-adjusted and better equipped for success. Take pride in your responsibilities and efforts. Children do not need perfect fathers; they need caring and involved fathers.

## 10 Tips for Successful Dads

1. Spend Time With Your Child. For children, love is spelled T-I-M-E.
2. Play With Your Children. Through play, men teach self-control and perseverance to kids.
3. Be a Good Role Model. Lasting values are "caught" by children more than "taught" by adults.
4. Respect Your Child's Mother. A child's self concept is strongly linked to how their parents interact.
5. Discipline With Love. Give clear guidelines, give praise for positives, correct with kindness.
6. Be a Good Teacher. Take daily opportunities to help children develop a love for learning.
7. Eat Meals Together. Regular meals provide opportunity for healthy interactions.
8. Read To Your Children. Children read to daily have great advantages in their education. For fathers who do not read well, activities with wordless picture books help children get a good start on pre-reading and comprehension skills.
9. Show Physical Affection. Children feel more secure with regular comfort from fathers.
10. Stick With It! Never Quit! Be patient with your children and yourself- by seeking resources and support, father care can be positively enhanced.

## You are the best DAD your child will ever have!

Here are some positive results for children:

- ❖ Stronger self concept.
- ❖ More likely to enjoy school - children who enjoy school are more likely to perform better academically and remain in school.
- ❖ Show more compassion and empathy.
- ❖ More likely to get A's - the odds that children get mostly A's are 43 percent higher if their fathers are highly involved in their schools compared to if they are not involved. (U.S. Department of Education, National Center for Education Statistics, 1996 National Household Education Survey <http://www.nces.ed.gov>).
- ❖ More likely to avoid high risk behaviors like substance abuse, early sexual activity, delinquent conduct, and others.
- ❖ Better emotional health and self-control.
- ❖ Stronger problem solving abilities.
- ❖ More likely to obtain financial independence.

## Important Tips for Communities:

- 👉 Respect fatherhood.
- 👉 Understand that father interaction is vital to each child's optimal development.
- 👉 Support father/child activities.
- 👉 Affirm community and business practices supportive of healthy father/child relationships.
- 👉 Uphold positive male influences to children.
- 👉 Encourage men to be role models and mentors for children in the community as well as in their family.
- 👉 Help kids without fathers spend time with positive men.

## 10 Steps to Cool Down

1. Take a deep breath. And another. Then remember you are the adult.
2. Close your eyes and imagine you're hearing what your child is about to hear.
3. Press your lips together and count to 10. Or better yet, to 20.
4. Exercise to release tension.
5. Phone a friend.
6. If someone can watch your child, go outside and take a walk.
7. Take a hot bath or splash cold water on your face.
8. Turn on some music, maybe even sing along.
9. Drink a glass of cold water.
10. Tell your child "I love you" each and every day.



Kids from the Guidance Center Summer Prevention program funded by SEMCA enjoy the end of summer carnival (top two) and a day at the water park (bottom two).

# 8 Tips to Parenting for Prevention of Underage Drinking

Children and youth are bombarded every day with incorrect information and mixed messages about alcohol. The reality is that alcohol is linked with health problems, violence, vehicle crashes, unwanted and unsafe sex, and other social problems.

Changing the alcohol picture in any community requires us to “parent for prevention.” This involves looking at ourselves individually, looking at the community environment, and working with other parents and care givers.

- 1 De-myth our thinking
  - ☞ A little beer won't hurt
  - ☞ It's a rite of passage, all kids do it.
  - ☞ Thank goodness she only drinks and doesn't use something illegal.
  - ☞ I can trust my son not to drink and drive.
  - ☞ It's ok because my kid only drinks at home.
- 2 Examine our own attitudes and role modeling. The perception that alcohol use is the norm makes a young person more likely to use. Drinking patterns are learned at home.
- 3 Know—and tell our children about—individual family risk.







People whose biological relatives are alcoholic are at higher risk for addiction if they choose to use. High tolerance for alcohol (they can drink a lot) indicates a person is at high risk for addiction.

- 4 Understand and warn against youthful patterns of alcohol use. Young people tend to binge drink. They seek intoxication. They can drink themselves to death.
- 5 Learn the signs that a young person is using alcohol and seek help when needed.
- 6 Take parenting education classes. Few of us have been prepared for this most important responsibility. Most of us could improve our skills.
- 7 Become involved in providing alternative activities for youth and a variety of means for recreation, community service, creative expression, civic engagement, and personal achievement.
- 8 Examine the community environment in regard to alcohol
  - ☞ adult role modeling and attitudes about youthful use
  - ☞ sources of mixed messages

## FACTS

ALCOHOL USE BY ADOLESCENTS LEADS MORE RAPIDLY AND MORE FREQUENTLY TO ADDICTION THAN FOR ADULTS. PEOPLE WHO START DRINKING BEFORE THE AGE OF EIGHTEEN BECOME ADDICTED AT MUCH HIGHER RATES THAN THOSE WHO START DRINKING LATER. ALCOHOL INTERFERES WITH THE PHYSICAL, EMOTIONAL, SOCIAL, AND SPIRITUAL GROWTH OF CHILDREN AND YOUTH, AND WITH CRITICAL CHILDHOOD AND ADOLESCENT BRAIN DEVELOPMENT.

## Why Should Parents and Other Adults Be Concerned About Secondhand Smoke?

-  Children who breathe secondhand smoke are more likely to experience pneumonia, bronchitis and decreased lung function.
-  Children who breathe secondhand smoke are more likely to suffer from more ear infections. Ear infections are the most common cause of children's hearing loss.
-  Children who breathe secondhand smoke can have more frequent and more severe asthma attacks.
-  Secondhand smoke may cause children to develop asthma.
-  Infants who breathe secondhand smoke are at a higher risk for Sudden Infant Death Syndrome (SIDS), the main cause of death in babies between one month and one year of age.
-  An unborn baby's exposure to secondhand smoke can result in low birth weight, SIDS and possibly other adverse health effects.

### What Can Be Done To Protect Children?

- ☞ If you smoke, make a decision to quit.
- ☞ To help you, free Quit Kits are available by calling 1-800-537-5666.
- ☞ Choose to protect your children by making your home smoke-free. Take the Environmental Protection Agency's Smoke-Free Home Pledge by calling 1-866-SMOKE-FREE (866-766-5337).

## FACTS

HYDROGEN CYANIDE HAS BEEN USED IN PRISON EXECUTIONS. IT'S ALSO FOUND IN CIGARETTE SMOKE.

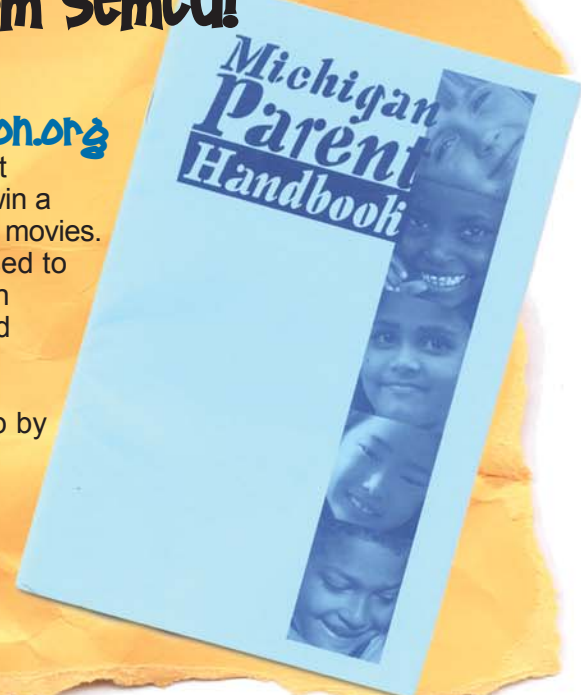
Win a family fun pack night at the movies from semca!

Go to

[www.semcaprevention.org](http://www.semcaprevention.org)

and fill out the short survey for a chance to win a Family Fun Pack Night at the movies. This information will be used to improve our prevention programs in Wayne and Monroe Counties.

We'll thank you for your help by sending you this free parent handbook!



# Adolescent Development

## Eight Developmental Tasks Of Adolescence\*

Central Task: Achieving a stable identity

### Early Adolescence

1. Achieving new, more mature relationships with peers of both sexes
2. Achieving masculine or feminine social roles
3. Accepting one's body as it is and learning to use it effectively
4. Beginning to gain emotional independence from parents and other adults

### Late Adolescence

5. Preparing for marriage and family life
6. Preparing for a career
7. Acquiring a set of values that will guide behavior
8. Desiring and achieving socially responsible behavior

## What Kind Of Parents Do Adolescents Need?

**Authoritative Parents** are very accepting of their children, but also have high expectations of them. Adolescents with authoritative parents are:

- More self-confident
- Independent
- Self-reliant
- More curious

**Authoritarian Parents** have unrealistically high expectations of their children. They are not very accepting or warm towards their children. Adolescents with authoritarian parents are:

- Unhappy
- Withdrawn
- Inhibited
- Distrustful

**Permissive Parents** are very accepting of their children. They do not, however, provide their children with appropriate boundaries. Adolescents with permissive parents are:

- Less independent
- Lacking in self-control
- Immature

**Indifferent Parents** are neither accepting nor demanding of their children. They do not have rules and consequences for their children's behavior, but they also do not show their children love and warmth. Adolescents with indifferent parents are most negatively impacted.

## Adolescent Thinking

### Characteristics of Adolescent Thinking

- Adolescents are able to think abstractly.
- Adolescents can think hypothetically. That is, they can turn a problem around in their minds and come up with different solutions and ways to approach the problem.
- Adolescents can think logically.

They are able to test different ideas against one another to determine which idea is true.

### Pitfalls in Adolescent Thinking

- Pseudo-stupidity - Sometimes teenagers fail to see the obvious by making simple tasks more difficult than they really are.
- Imaginary audience - teenagers often feel as if everyone is watching them.

This is because they are so self-aware at this stage in their development. They may believe every eye is on them and every thought is about them. For example, your teenage daughter may be convinced that everyone will remember exactly what she wore to school on Tuesday of last week.

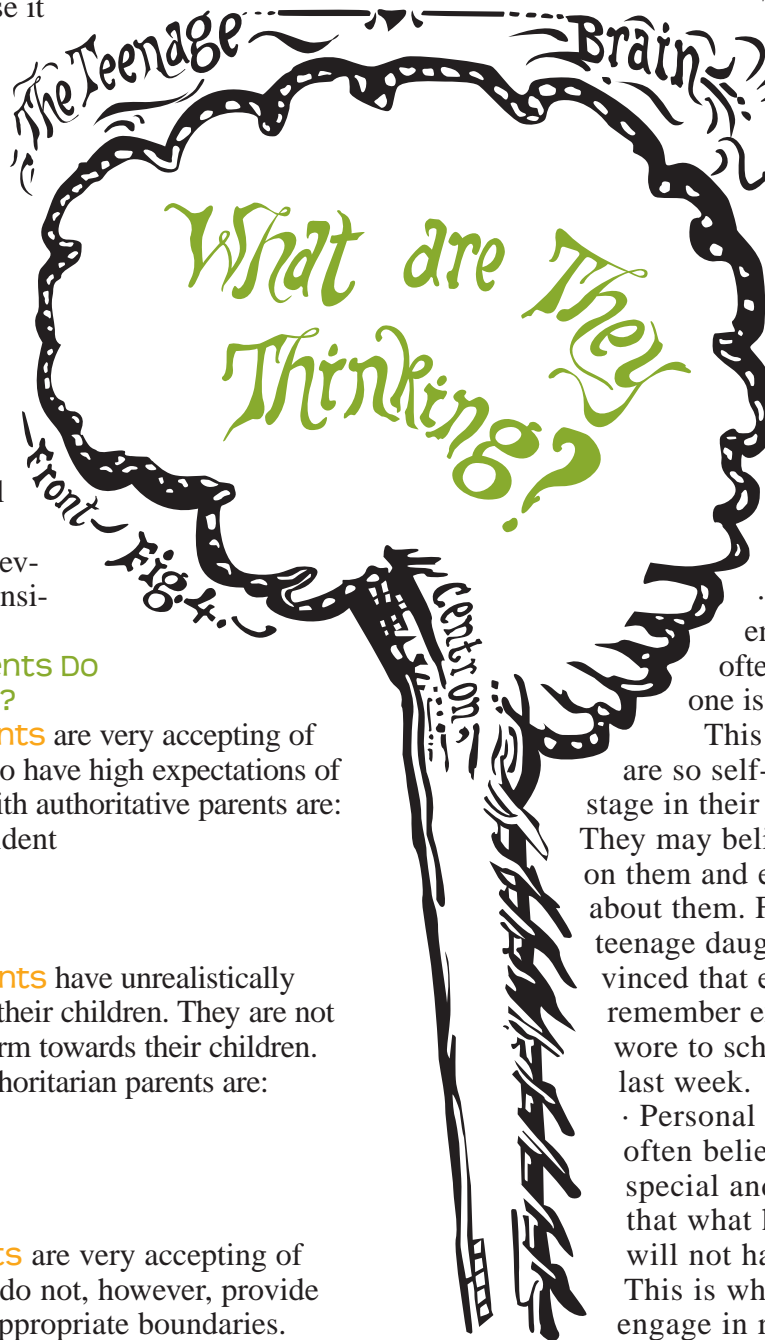
- Personal fable - teenagers often believe that they are special and different and that what happens to others will not happen to them.

This is why teenagers often engage in risky behaviors without thinking about

the consequences.

### Adolescent Identity Development\*\*

The central task of adolescence is to achieve a stable identity. Some teens are able to achieve this by the time they reach the age of 20. Most, however, are not and will continue to define who they are well into young adulthood. There are four primary types of adolescent identity.



## 10 Steps to Positive Parenting

1. Show love and affection.
2. When necessary, take time to cool down.
3. Compliment your child.
4. Set basic rules and limits.
5. Teach values.
6. Introduce your child to books.
7. Listen and talk to your child.
8. Be the kind of person you want your child to be.
9. Offer guidance.
10. Tell your child "I love you" each and every day.

### Identity Achieved

These are the adolescents who have "made it." They have successfully explored many life options and chosen the ones that fit them best. Although some adolescents may reach this stage, many people are not able to do so until later in life.

### Identity Foreclosed

Adolescents who foreclose on their identity development adopt their parents' values and beliefs without question. They do not explore other options for their lives but only live as others expect.

### Identity Moratorium

Some adolescents never make any decisions about who they are. Adolescents in this stage begin looking at the many options for their lives but become overwhelmed by the number of choices. Rather than choose and make a mistake, they decide not to decide on who they are or what they will do with their lives.

### Identity Diffused

These adolescents also do not make a decision about who they would like to be. Unlike adolescents in moratorium, however, diffused adolescents do not see the importance in choosing one option over another.

\*Havighurst, R. J. (1972). Developmental tasks and education. New York: Longman.

\*\*Marcia, J. E. (1980). Identity in adolescence. In J. Adelson (Ed.), Handbook of adolescent psychology. New York: Wiley.

# Resources

## Parent and Family Education Services

[www.semcaprevention.org](http://www.semcaprevention.org)—SEMCA substance abuse prevention web site includes a calendar of local events and information about specific drugs and providers in your area.

### If you, or someone you know needs help with their addiction

Medicaid/health plan recipients and underinsured recipients should call Access Management System  
1-800-686-6543  
(TTY 1-800-649-3777)

### Web Sites

[www.masaca.org](http://www.masaca.org)/ Michigan Association of Substance Abuse Coordinating Agencies (MASACA)

[www.nida.nih.gov](http://www.nida.nih.gov) National Institute on Drug Abuse

[www.helpyourcommunity.org/](http://www.helpyourcommunity.org/) Office of National Drug Control Policy

[www.cada.org](http://www.cada.org) Community Anti-Drug Coalitions of America

[www.ccapt.org](http://www.ccapt.org) Center for the Application of Prevention Technologies

[www.dea.gov](http://www.dea.gov) U. S. Drug Enforcement Administration

[www.epa.gov](http://www.epa.gov) Environmental Protection Agency

[www.drugfreeamerica.org](http://www.drugfreeamerica.org) Partnership for a Drug-Free America

[www.health.org](http://www.health.org) U. S. Department of Health and Human Services

[www.jointogether.org](http://www.jointogether.org) Join Together

[www.michiganresourcecenter.org](http://www.michiganresourcecenter.org) Michigan Resource Center

[www.ncadd.org](http://www.ncadd.org) National Council on Alcoholism and Drug Dependency

[www.mediacampaign.org](http://www.mediacampaign.org) National Office of Drug Control Policy-Youth Media Campaign

[www.preventiondss.samhsa.gov](http://www.preventiondss.samhsa.gov) U. S. Department of Health and Human Services (HHS) - Substance Abuse and Mental Health Services Administration (SAMHSA) -

Center for Substance Abuse Prevention (CSAP)

[www.spinproject.org](http://www.spinproject.org) Strategic Press Information Network (SPIN)

[www.tobaccofreekids.org](http://www.tobaccofreekids.org) National Center for Tobacco Free Kids

[www.thetruth.com](http://www.thetruth.com) truth tobacco prevention

[http://tobaccodocuments.org/](http://http://tobaccodocuments.org/) Tobacco Documents Online

[www.philipmorrisusa.com/health\\_issues/default.asp](http://www.philipmorrisusa.com/health_issues/default.asp)

Philip Morris information about the hazards of smoking and tips for quitting. Surgeon General Reports.

[www.theantidrug.com](http://www.theantidrug.com) - Parents-The Anti-Drug

[www.laantidroga.com](http://www.laantidroga.com) - Parents-The Anti-Drug (en Español)

[www.teachersguide.org](http://www.teachersguide.org) - Information for teachers

[www.freevibe.com](http://www.freevibe.com) - Free Vibe-info for kids.

[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

[www.helpyourcommunity.org](http://www.helpyourcommunity.org)

[www.michigan.gov/meth](http://www.michigan.gov/meth) - Methamphetamine Resource Site for the State of Michigan

[www.hcvadvocate.org/hepatitis/hepC/hcvinformation\\_2003.html](http://www.hcvadvocate.org/hepatitis/hepC/hcvinformation_2003.html) - Information about Hepatitis C

[www.cdc.gov/hiv/dhap.htm](http://www.cdc.gov/hiv/dhap.htm) - National Center for HIV, STD and TB Prevention

[www.talkingwithkids.org/first.html](http://www.talkingwithkids.org/first.html) - How to Talk to Your Kids About Anything

[www.education.indiana.edu/cas/adol/adol.html](http://www.education.indiana.edu/cas/adol/adol.html) - Adolescence directory on-line

[http://people.bu.edu/pstring/1.html](http://http://people.bu.edu/pstring/1.html) - Adolescent violence prevention counseling

[www.aacap.org](http://www.aacap.org) - American Academy of Child & Adolescent Psychiatry

[www.acde.org](http://www.acde.org) - American Council for Drug Education

[www.ala.org/ala/pio/piopresskits/lcsignuppresskit/alaresources.htm](http://www.ala.org/ala/pio/piopresskits/lcsignuppresskit/alaresources.htm) - American Library Association Resources for Parents, Teens and Kids

[www.aecf.org](http://www.aecf.org) - Annie E. Casey Foundation

[www.childrensdefense.org](http://www.childrensdefense.org) - Children's defense fund

[www.collegeparents.org](http://www.collegeparents.org) - College Parents of America

[www.connectforkids.org](http://www.connectforkids.org) - Connect for Kids

[www.faceproject.org](http://www.faceproject.org) - FACE - Truth and Clarity on Alcohol

[www.fact.msu.edu](http://www.fact.msu.edu) - FACT - Families and Communities Together

[www.familyeducation.com](http://www.familyeducation.com) - Family Education Network

[www.familyvillage.wisc.edu](http://www.familyvillage.wisc.edu) - Family Village (For families whose members have disabilities).

[www.ed.gov/free](http://www.ed.gov/free) - Federal Resources for Educational Excellence

[www.fdncenter.org](http://www.fdncenter.org) - Foundation Center (grant info)

[www.fundraiser.com](http://www.fundraiser.com) - Fundraiser Cyberzine

[http://www.aarp.org/families/grandparents/](http://http://www.aarp.org/families/grandparents/) - Grandparents raising grand children & kinship care.

[www.tgci.com](http://www.tgci.com) - The Grantsmanship Center.

[http://iamyourchild.org](http://http://iamyourchild.org) - I Am Your Child.

[http://npin.org/links.html](http://http://npin.org/links.html) - Educational software and services for middle school, high school, and college students. Creative, innovative and interactive products that empower students of all ages.

[www.kidshealth.org](http://www.kidshealth.org) - Kids Health

[www.loc.gov](http://www.loc.gov) - Library of Congress

[www.mapping-your-future.org](http://www.mapping-your-future.org) - Mapping Your Future.

[www.miaeyc.com](http://www.miaeyc.com) - Michigan Association for the Education of Young Children

[www.mi4c.org](http://www.mi4c.org) - Michigan 4C Association (child care).

[www.michiganpta.org](http://www.michiganpta.org) - Michigan Parent Teacher Association (PTA).

[www.wearemrcc.org](http://www.wearemrcc.org) - Michigan Resource Center.

[www.michiganschildren.org](http://www.michiganschildren.org) - Michigan's Children.

[www.mipediatra.com.mx](http://www.mipediatra.com.mx) - Mi Peditra (Spanish-language site with child-health info).

[www.naeyc.org](http://www.naeyc.org) - National Association for the Education of Young Children.

[www.familit.org](http://www.familit.org) - National Center for Family Literacy.

[www.fathers.com](http://www.fathers.com) - National Center for Fathering.

[www.childabuse.org](http://www.childabuse.org) - Prevent Child Abuse America.

[www.fathersnetwork.org](http://www.fathersnetwork.org) - National Fathers Network.

[www.nichcy.org](http://www.nichcy.org) - National Information Center for Children and Youth With Disabilities.

[www.mediaandthefamily.org](http://www.mediaandthefamily.org) - National Institute of Media and the Family.

[www.nih.gov](http://www.nih.gov) - National Institutes of Health.

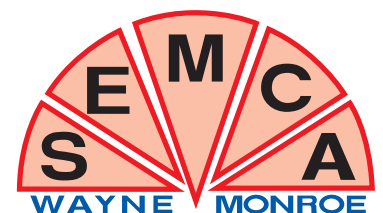
[www.nncc.org](http://www.nncc.org) - National Network for Childcare.

[www.tnpc.com](http://www.tnpc.com) - National Parenting Center.

[www.netparents.org](http://www.netparents.org) - Netparents.

[www.pbskids.org/grownups/ready-tolearn](http://www.pbskids.org/grownups/ready-tolearn) - PBS Ready to Learn.

[www.parentingtoolbox.com](http://www.parentingtoolbox.com) - Parenting Toolbox.



[www.semcaprevention.org](http://www.semcaprevention.org)