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For the Sake of Our Children: Break the Code of Silence

The Elephant in the Room....The Problem

Many parents consistently report knowledge of other people's children using drugs and or alcohol, and are reluctant to say anything to their parents – for fear of retribution to their own child at school.

What has developed is a ***deadly code of silence***, wherein the children have come to expect that their secrets will be kept. They will be kept because the adults are afraid to discuss it.

Recent events in our own community reveal an increasing trend for substance abuse among our youth at earlier ages. The Internet and mobile phones and the constant media streams encourage our children to make risky choices every day.

Parents whose children have fallen prey to risky choices agree that communication with your child, and establishing trust with your own child is not enough. Parents, teachers, coaches and administrators must unite with a consistent message that minors' use of drugs, tobacco and alcohol are harmful, can destroy lives and futures, AND they are illegal.

What to do?

Trust and Verify.

Keep No More Secrets; Keep Children Safe.

First Steps Towards Recovering Alignment of Our Values and Actions:

- 1. Activate your parent network.*** This is the network of the parents of your child's friends. These are the parents of the kids with whom your child is hanging out. (See attached sample form).
- 2. Establish Random "At Home" Drug Testing.*** Random, "at home" drug testing gives your child an "easy out". It's the supreme excuse for saying no to drugs and alcohol – and it sends a signal to others that you are serious about keeping children safe.

