

# Reach Out and Talk to Your Child Today

*It can be scary to read about the local heroin epidemic and easy to say “It’s not my child.” The age group being affected the most by heroin is our 18-25 year olds. They were someone’s “child” only a few years ago.*

## So what can you do as a parent to help keep your child safe?

- Eat at least one meal a day as a family
- Talk to your child about the dangers of early use of alcohol, marijuana and prescription drugs
- Model healthy ways of coping with strong feelings and stress
- Encourage your child to talk to someone if feeling depressed or anxious to avoid self-medicating
- Get your child involved in volunteer activities

## Stay current with these websites for parents!

[www.madd.org/underage-drinking/the-power-of-parents](http://www.madd.org/underage-drinking/the-power-of-parents)

[www.search-institute.org/what-we-study/developmental-assets](http://www.search-institute.org/what-we-study/developmental-assets)

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

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

[www.parentchecknj.com](http://www.parentchecknj.com)

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

*For more information or help for a loved one with a drug or alcohol problem please visit [www.capeassist.org](http://www.capeassist.org) or call Cape Assist at 609-522-5960, Cape Counseling at 609-465-4100, Families Matter at 609-886-8666, or Nancy Crafts at 609-465-7788*

***Brought to you by the Cape May County PRIDE Committee***