

Parents are powerful models for their children. Parents who model positive alcohol (and other drug) related behaviors greatly increase the chances their children will not experience problems with these substances.

Answering the following questions will help you understand how you're doing in this important role.

Part 1

1. **___T___F**
Alcohol isn't a necessary part of most or all of my social occasions.
2. **___T___F**
My child hasn't seen me intoxicated.
3. **___T___F**
I don't drink to "calm down" or when things aren't going so well.
4. **___T___F**
I don't ride in a car when the driver has been drinking and I don't drive if I've been drinking.
5. **___T___F**
I don't smoke cigarettes or chew tobacco.
6. **___T___F**
I never use any illegal drugs or use prescription drugs contrary to the physician's instructions.
7. **___T___F**
My children know that I believe teenage drinking is not acceptable.
8. **___T___F**
I've conveyed the attitude to my children that intoxication is dangerous and unhealthy
9. **___T___F**
I don't involve my children in any alcohol or tobacco use. (Examples: "Get me a beer from the refrigerator." or "Hand me the matches.")

10. **___T___F**
My child doesn't receive conflicting messages about alcohol and drugs from myself and their other parent. (Example: Mom says: "It's okay to drink, as long as you don't drive." and Dad says: "I expect you not to drink until you are of legal age.")
11. **___T___F**
I'm careful not to allow my child to wear clothing with alcohol/drug pictures or slogans, or allow posters promoting drug/alcohol use in my child's room.
12. **___T___F**
I'm careful to screen concerts and movies that may promote alcohol or drug abuse before allowing my child to attend.
13. **___T___F**
My child spends little or no time with kids who use alcohol or other drugs.

Part 1 scoring: Give yourself 1 point for every question you answered "True".

Part 2

1. **___T___F**
I communicate with other parents to make sure my child's activities will be properly supervised and alcohol and drug-free.
2. **___T___F**
I talk to my child about alcohol or other drugs issues after they have been exposed to pro-use messages. (Example: Beer ads on TV.)
3. **___T___F**
I have educated myself and my children about whether our family is in a higher-risk category (see back page) for alcohol or other drug problems.
4. **___T___F**
I always know where my child is, whom my child is with, and when my child will be home.

5. **___T___F**
My child sees me model appropriate behavior. ("No, my limit is two per evening" or "No thanks, I'm driving," or just plain "No" when you're offered alcohol.)
6. **___T___F**
I have 1) established expectations of "no alcohol or other drug use" for my children, 2) communicated these expectations clearly and 3) set consequences for failure to meet these expectations.

Part 1 scoring: Give yourself 1 point for every question you answered "True".

Total Score

Directions: Add scores from Parts 1 and 2 to find your total score.

If your score is 19:

Wow! You are greatly reducing the chances of your child having an alcohol or drug problem. Keep up the great work!

If your score is 15-18:

Your child is growing up in a relatively low-risk environment, but you may wish to make an effort to work on those areas where you answered "false."

If your total score is under 15:

WARNING: Your child is in an environment which may lead to potentially harmful alcohol and drug involvement by your child.

Reducing your risk for alcohol problems is as easy!

Research tells us that, under certain circumstances, any alcohol use can be dangerous. **ZERO** alcohol is the safest choice if you are:

On certain medications or if you have illnesses (ask your doctor)

Behind the wheel or engaged in tasks that require

full mental or physical functioning.

Stressed or tired.

Either the son or daughter, or sibling of someone with alcoholism.

Recovering from alcoholism or drug dependency.

Violating policies, laws (including the legal age limit) or personal values.

Expecting, nursing, or considering pregnancy.

If you *OBSERVE* these times to avoid alcohol, you can greatly reduce the risk of experiencing an alcohol-related problem.

If you aren't in the 0 category and choose to drink, current research suggests:

- 1 No more than one drink an hour
- 2/1 No more than two drinks a day for men, one for women*
- 4 No more than four days a week.

*Recent studies indicate that women may develop alcohol-related health problems more quickly and at lower levels of consumption than do men. Therefore, the recommendations for alcohol use are lower for women. This is a health issue, not a equality issue.

What about other drugs?

Serious legal and health problems rule out any use of illegal drugs. Health problems rule out any tobacco use, and over-the-counter and prescription drugs should be used according to directions.

Are members of your family at higher risk for developing alcoholism?

The answer is “yes” if there is a history of alcoholism in the family, especially if that history goes back more than one generation. Children of the same sex as an alcoholic parent are also likely to be at a higher risk. Finally the greater the number of people with alcoholism in a family, the greater the risk for children.

If you are concerned, take action by calling LCAD at 475-2694. We have access to local and national resources that will be of assistance to you. You can also visit our website at www.lcad.org and go to the links page.

This brochure was produced by the Lincoln Council on Alcoholism & Drugs. For more information, contact:

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Setting An Example

