



FOR IMMEDIATE RELEASE
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Contact: Stephanie Beougher
(614) 540-9985

Know! Back-to-School Tips for Parents
Smooth Transitions Can Help Lower Drug Use Risks

(Columbus, OH) – Transitioning into a new grade or new school can be a difficult time for students. Significant increases in the rate of drug use, school misbehavior and anti-social behavior may occur.*

Drug-Free Action Alliance’s Know! initiative is providing parents with tips for making that transition a little smoother to reduce the risks.

“Parents can help the child through the stress associated with school changes by providing opportunities for the child to talk about what’s going on at school,” Drug-Free Action Alliance Executive Director Patricia Harmon said. “Be clear that using alcohol, tobacco or other drugs is not an acceptable way to manage stress or fit in with a new group.”

Other suggestions for parents:

- **Encourage involvement.** Get your child active in school, community or faith-based activities. Both local and national surveys show that students who participate in school program activities use less alcohol, tobacco and other drugs than students who did not participate. **
- **Show an interest.** Attend after-school functions with your child. Provide encouragement, such as a letter or an electronic greeting card, to show them how proud you are of their achievements.
- **Try to be there after school.** A peak time for drug use by youth is between 3 and 6 p.m. If your child will be with friends, make sure there is adult supervision.

[Drug-Free Action Alliance](http://www.DrugFreeActionAlliance.org) is celebrating its 20th year as a statewide non-profit that provides leadership to promote safe and drug free communities. More information about Know! is available at www.HelpThemKnow.com or by calling 1-866-999-KNOW.

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*Substance Abuse Prevention: The Intersection of Science Practice. Pgs. 18-19. Julie Hogan, et al. University of Nevada, Reno. 2003.

**2006 Primary Prevention Awareness, Attitude, and Use Survey. Executive Summary. Franklin County Educational Council.

Red Ribbon Celebration

College Initiative to
Reduce
High Risk Drinking

Ohio Resource Network
Clearinghouse

Statewide Prevention
Coalition Association

Parents Who Host, Lose
The Most: Don't be a party
to teenage drinking

Volunteers In Prevention

Know!

Youth Philanthropy
Council

Methamphetamine
Initiative

www.DrugFreeActionAlliance.org

Ohioans Partnering for Drug-Free Youth 6185 Huntley Road, Suite P - Columbus, OH 43229-1094 - phone 614.540.9985 - fax 614.540.9990