

*Preventing Drug
Abuse among
Children and
Adolescents*

Prevention Principles

Prevention Principles

- ❖ **These principles are intended to help parents, educators, and community leaders think about, plan for, and deliver research-based drug abuse prevention programs at the community level.**

PRINCIPLE 1

- ❖ **Prevention programs should enhance protective factors and reverse or reduce risk factors.**

PRINCIPLE 2

- ❖ Prevention programs should address all forms of drug abuse, alone or in combination, including the underage use of legal drugs (e.g., tobacco); the use of illegal drugs (e.g., alcohol, marijuana or heroin); and the inappropriate use of legally obtained substances (e.g., inhalants), prescription medications, or over-the-counter drugs.

PRINCIPLE 3

- ❖ Prevention programs should address the type of drug abuse problem in the local community, target modifiable risk factors, and strengthen identified protective factors.

PRINCIPLE 4

- ❖ Prevention programs should be tailored to address risks specific to population or audience characteristics, such as age, gender, and ethnicity, to improve program effectiveness.

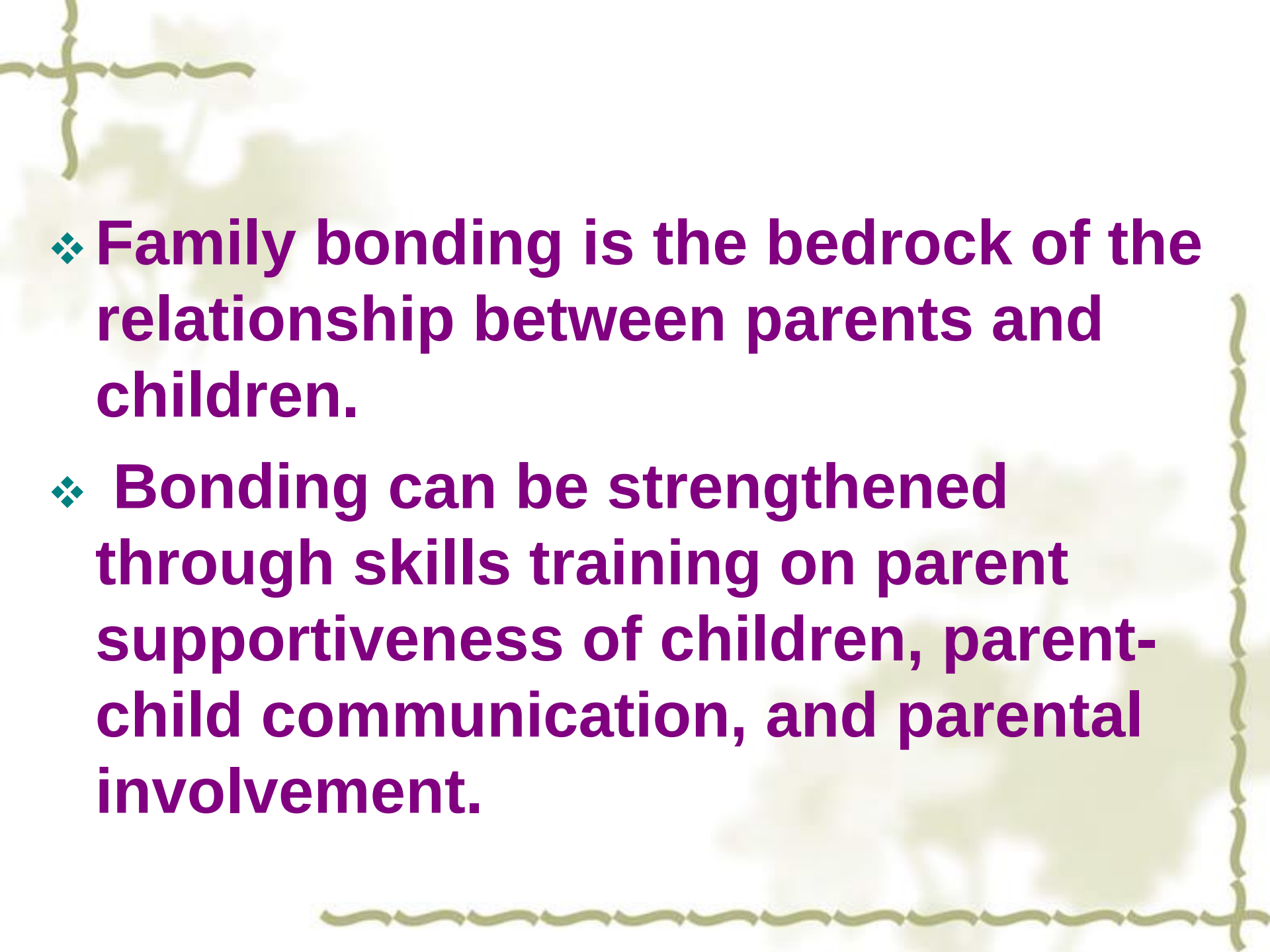
A vertical decorative strip on the left side of the slide. It features a dark green, textured background with two yellow-orange lotus flowers. A small cross symbol is visible in the top left corner of the strip.

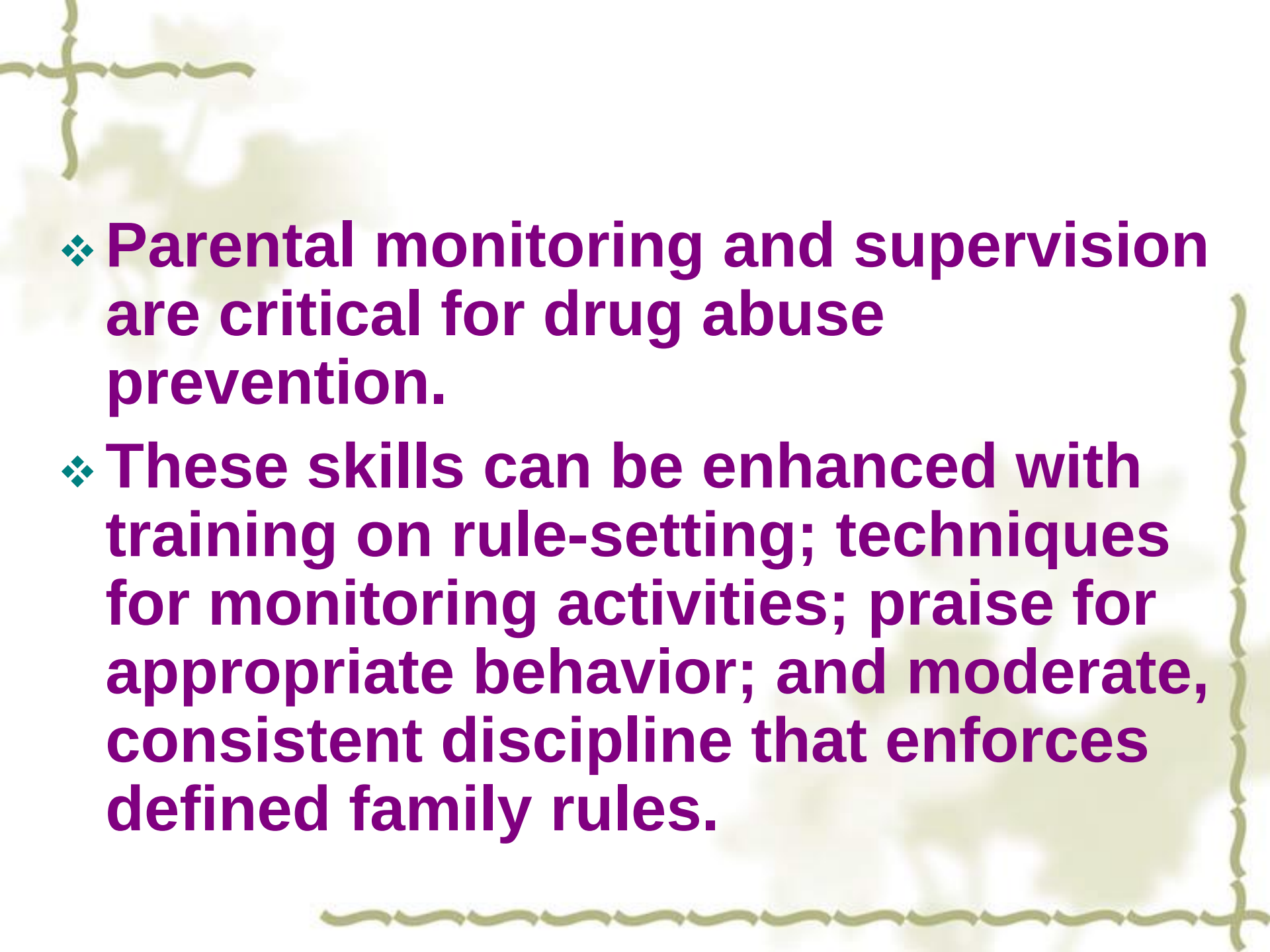
Family Principles

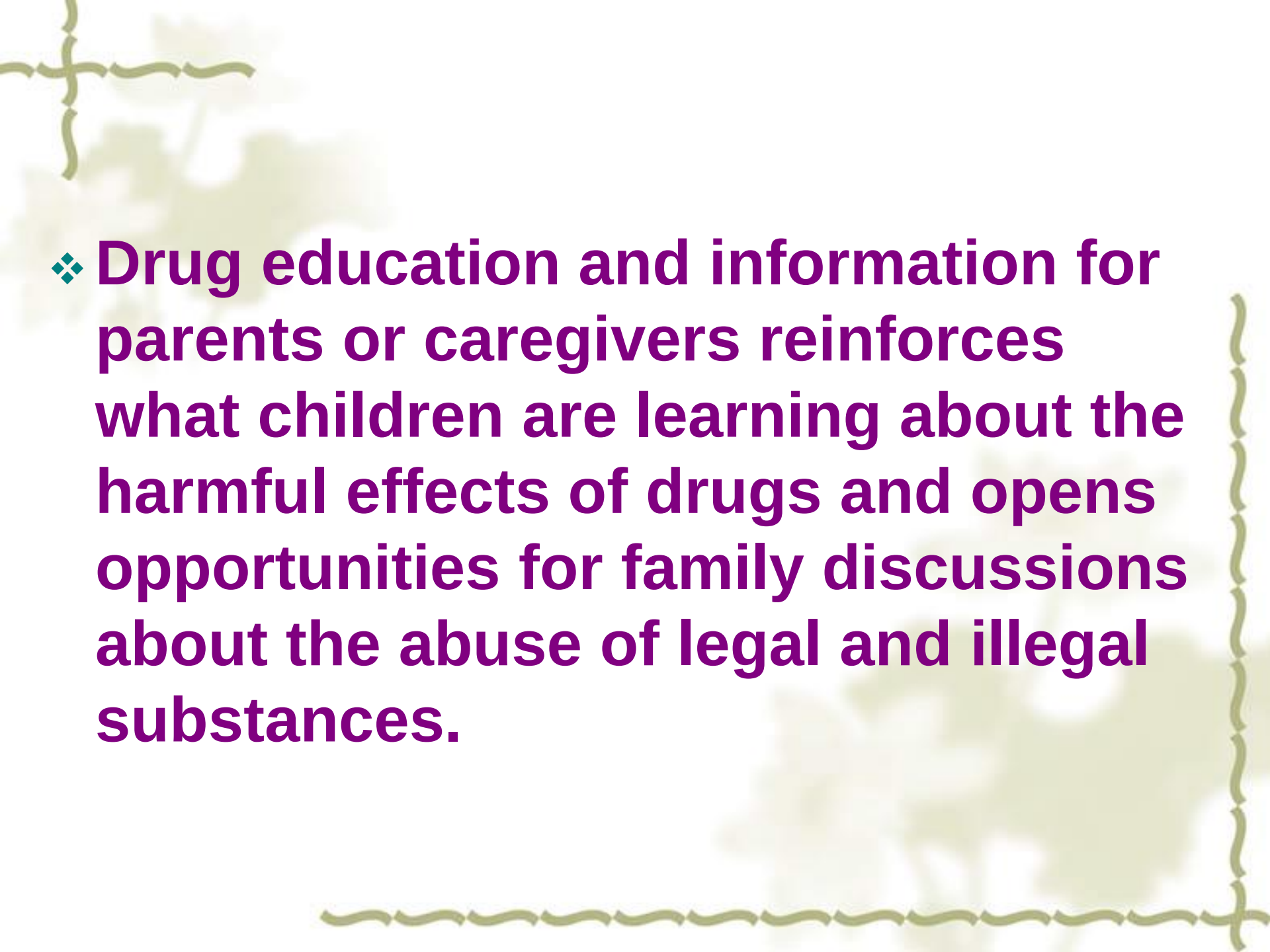
A faint, light-colored illustration of a lotus flower and its leaves, positioned in the bottom right corner of the slide, partially obscured by the decorative border.

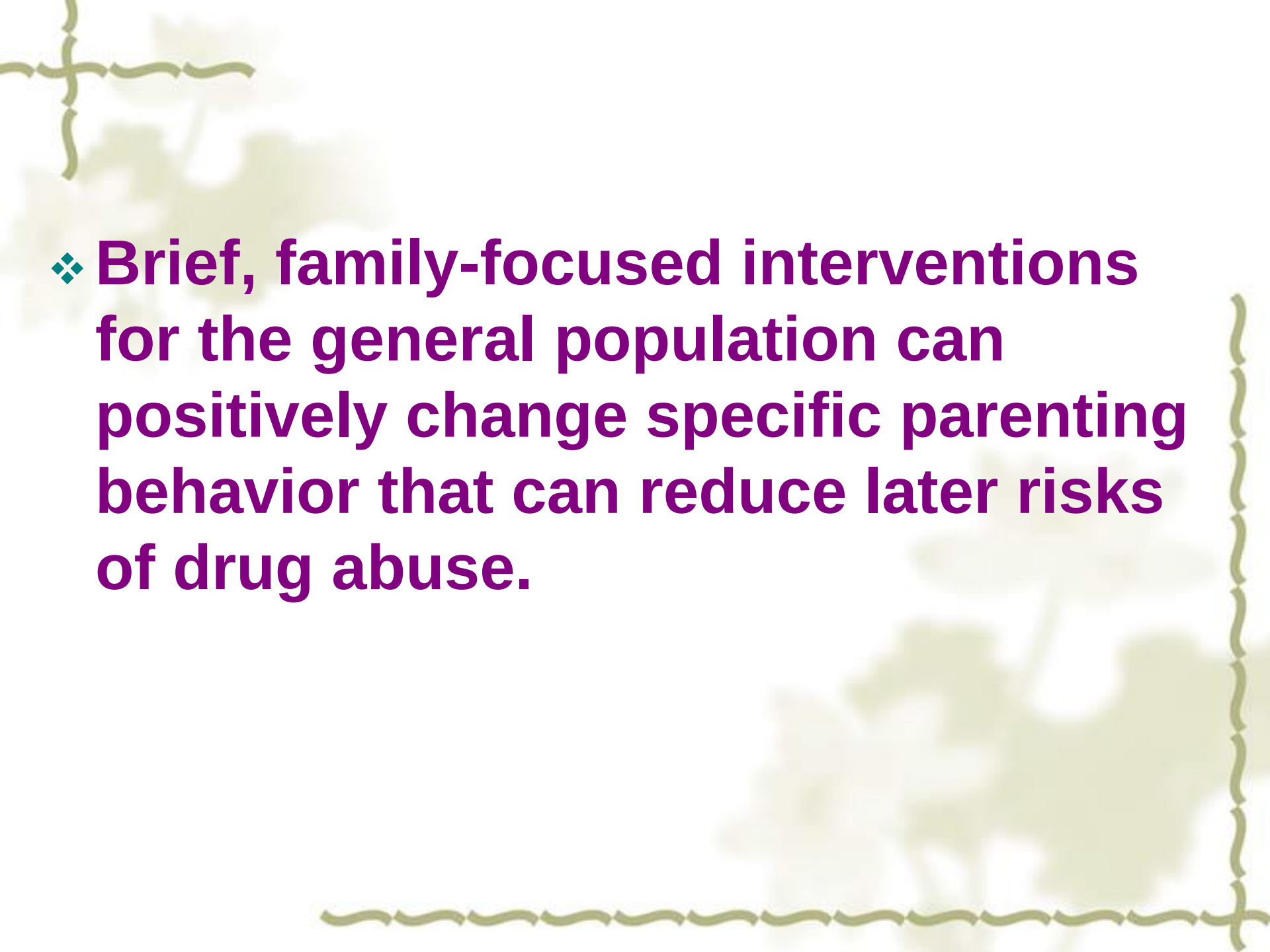
PRINCIPLE 5

- ❖ **Family-based prevention programs should enhance family bonding and relationships and include parenting skills; practice in developing, discussing, and enforcing family policies on substance abuse; and training in drug education and information.**

- 
- ❖ **Family bonding is the bedrock of the relationship between parents and children.**
 - ❖ **Bonding can be strengthened through skills training on parent supportiveness of children, parent-child communication, and parental involvement.**

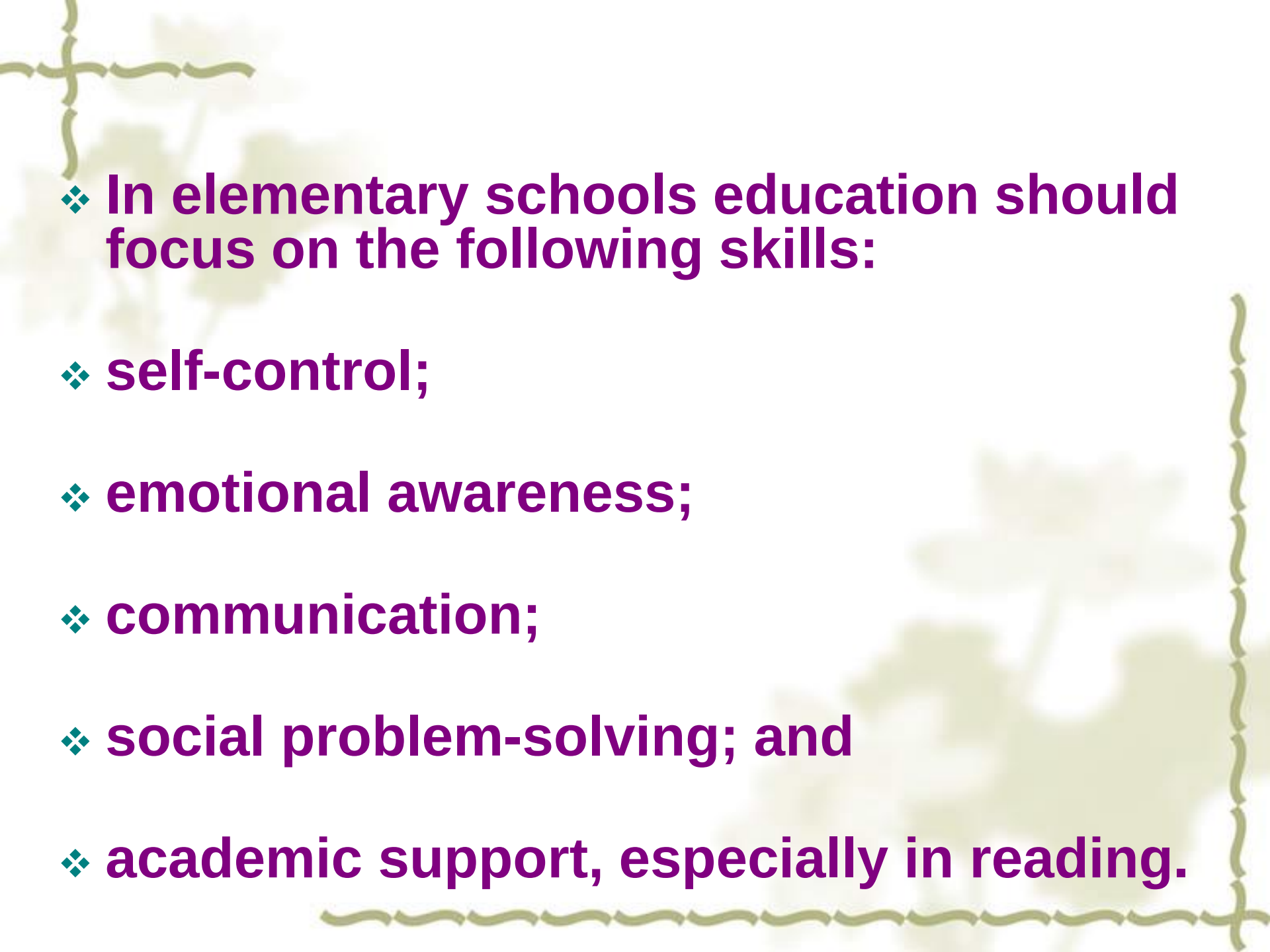
- 
- ❖ Parental monitoring and supervision are critical for drug abuse prevention.
 - ❖ These skills can be enhanced with training on rule-setting; techniques for monitoring activities; praise for appropriate behavior; and moderate, consistent discipline that enforces defined family rules.

- 
- ❖ **Drug education and information for parents or caregivers reinforces what children are learning about the harmful effects of drugs and opens opportunities for family discussions about the abuse of legal and illegal substances.**

- 
- ❖ **Brief, family-focused interventions for the general population can positively change specific parenting behavior that can reduce later risks of drug abuse.**

PRINCIPLE 6

- ❖ Prevention programs can be designed to intervene as early as preschool to address risk factors for drug abuse, such as aggressive behavior, poor social skills, and academic difficulties.

- 
- ❖ In elementary schools education should focus on the following skills:
 - ❖ self-control;
 - ❖ emotional awareness;
 - ❖ communication;
 - ❖ social problem-solving; and
 - ❖ academic support, especially in reading.



School Principles

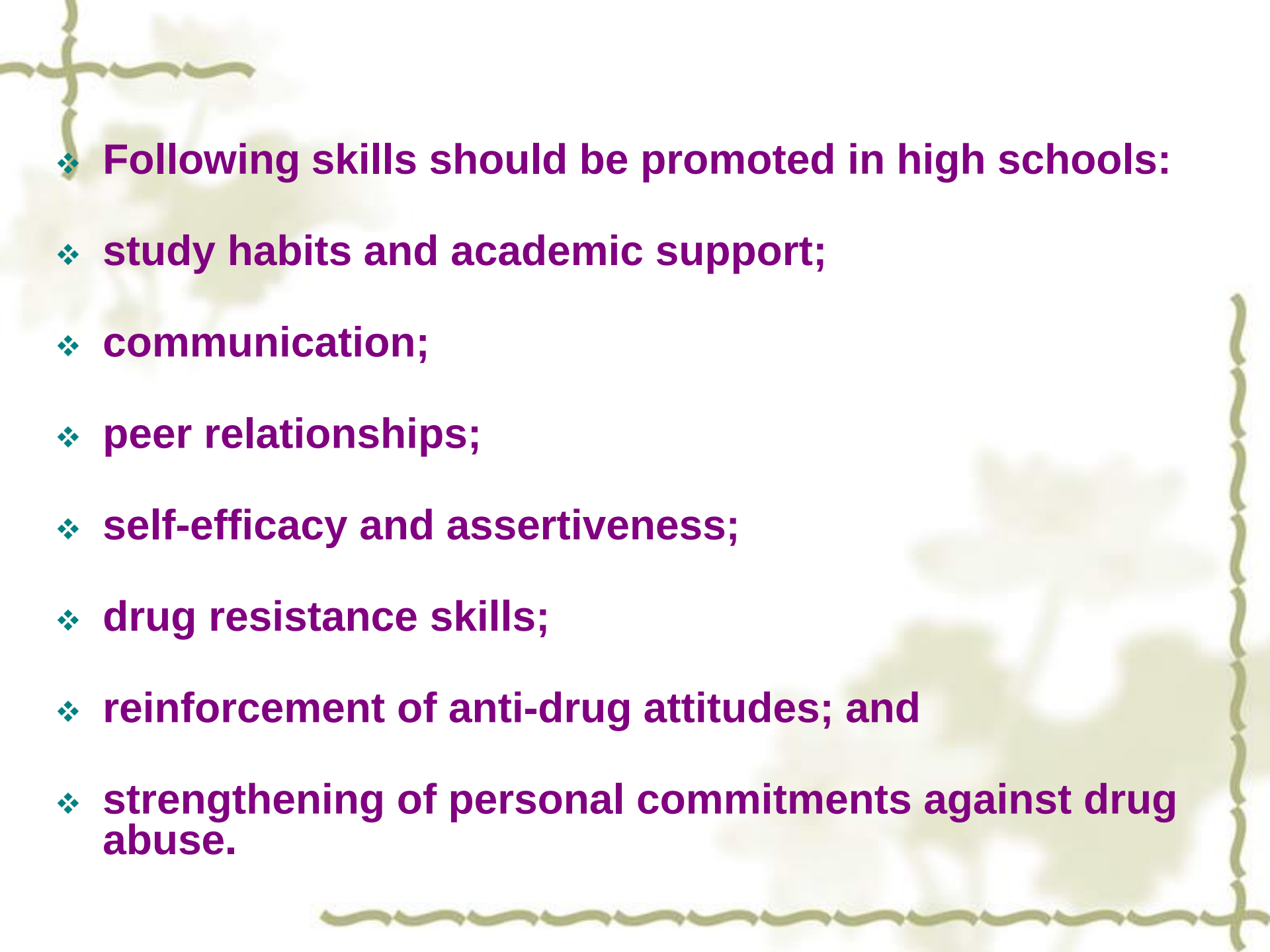


PRINCIPLE 7

- ❖ Prevention programs for elementary school children should target improving academic and social-emotional learning to address risk factors for drug abuse, such as early aggression, academic failure, and school dropout.

PRINCIPLE 8

- ❖ Prevention programs for middle or junior high and high school students should increase academic and social competence .

- 
- ❖ **Following skills should be promoted in high schools:**
 - ❖ **study habits and academic support;**
 - ❖ **communication;**
 - ❖ **peer relationships;**
 - ❖ **self-efficacy and assertiveness;**
 - ❖ **drug resistance skills;**
 - ❖ **reinforcement of anti-drug attitudes; and**
 - ❖ **strengthening of personal commitments against drug abuse.**