

# BE THEIR BEACON!

**PCSAC Quarterly Newsletter for Adults Raising Youth**

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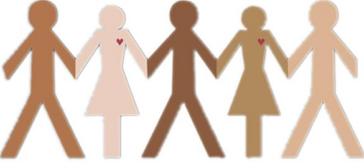
## DID YOU KNOW?

Research shows that when it comes to alcohol and other drugs, children are likely to model their parents' behaviors — both healthy and unhealthy ones. (Partnership for Drug-Free Kids, 6 Parenting Practices)

**IN THIS ISSUE**  
The importance of modeling healthy habits in front of children.

**PCSAC POINTERS**  
Effective stress management techniques:

- ◆ Exercise (walking, dancing, yoga, yard work, house-cleaning, etc.)
- ◆ Take a break (count to 10, pause a minute or two to re-focus)
- ◆ Listen to music
- ◆ Breathing exercises



*A Safer Community for Everyone*  
Pinal County

**Substance Abuse Council**  
To find a local coalition near you, call (520) 836-5022.

## **BE A GOOD ROLE MODEL**

Your attitude about drugs and alcohol can also influence your child's attitude about drugs and alcohol — and have an effect on his or her future behavior. Here are three ways that you can be a good role model for your child.



1. **If you choose to drink alcohol, consume small amounts with a meal or for a celebratory occasion. Don't become intoxicated in front of your children.** Drinking alcohol in excess around your children or using illicit drugs increases the likelihood they will develop alcohol or drug problems. Talk with your children about the risks and dangers of substance abuse. Be very clear that alcohol and drugs damage youth's developing brains\*, and your expectation that underage drinking and drug use are not allowed.
2. **When it comes to prescription drugs, be sure to follow the instructions properly.** Don't save prescribed medications for when they may come in handy, use it later without a doctor's consent, use casually for non-medical use, or share the medications with others. Be sure to dispose of unused prescription drugs properly. Go to <http://azdhs.gov/gis/rx-drop-off-locations/index.php> for a list of medication drop boxes in Arizona.
3. **Children learn behavior by observing their parents' behavior. That means your child picks up on the way you cope with stressful situations and how you manage your emotions.** When you are overwhelmed, try exercising, taking a time-out or using other stress management techniques in order to teach your children that they do not need to drink or use drugs to cope with life's problems. **Don't use alcohol or drugs as a coping mechanism or to relieve stress.** (Example: Saying to your kids, "I had a rough day — I need a drink or a pill to relax.")

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2827693>