

Assess Your Child's Risk for Substance Abuse

Evaluate your child's risk of using alcohol, tobacco, or other drugs



Whether kids use alcohol, tobacco or other drugs depends on life factors that protect or put them at risk. Evaluate "Risk and Protective Factors" for each child, and write the number of the risks you find. Create an "Action Plan" to reduce risks and increase protections. See "Family Protective Strategies" for ideas.

PUTS YOUR CHILD AT RISK:	PROTECTS YOUR CHILD:	EVALUATION OF YOUR CHILD:			
<p>PERSONAL:</p> <ul style="list-style-type: none"> 1) Difficult temperament from age 2-3 2) Impulsive; hyperactive, on edge 3) Thrill seeking, risk-taking 4) Low self-esteem or depression 5) Attitudes favorable to A.T.O.D. use <p>FAMILY:</p> <ul style="list-style-type: none"> 6) Lack of love and nurturing; neglect 7) Chaotic, poorly managed home life 8) Harsh discipline; or lax discipline 9) Hostile parent-child conflicts 10) Insufficient parental monitoring 11) Teenage mother 12) Parent who abuses A.T.O.D. <p>PEERS:</p> <ul style="list-style-type: none"> 13) Friends who use/ approve A.T.O.D. 14) Peer rejection 15) Poor social skills <p>SCHOOL:</p> <ul style="list-style-type: none"> 16) Poor school performance 17) Aggressive classroom behavior 18) Low commitment to school <p>COMMUNITY:</p> <ul style="list-style-type: none"> 19) Frequent moves/ changing school 20) Bar density-easy access to A.T.O.D. 21) Poverty 	<p>PERSONAL:</p> <ul style="list-style-type: none"> 1) Pro-social beliefs, norms and values 2) Self-control; can delay gratification 3) Opportunity for positive involvement 4) Positive sense of self 5) Attitudes unfavorable to A.T.O.D. use <p>FAMILY:</p> <ul style="list-style-type: none"> 6) Strong, loving parent-child bonds 7) Functional, well-managed home 8) Mild, consistent discipline 9) Clear rules against A.T.O.D. use 10) Monitoring child's activities and peers 11) High expectations; involved parent 12) Parents set a good A.T.O.D. example <p>PEERS:</p> <ul style="list-style-type: none"> 13) Peers disapprove of A.T.O.D. use 14) Positive social opportunities 15) Well-developed social skills <p>SCHOOL:</p> <ul style="list-style-type: none"> 16) School attendance and success 17) Participation in school activities 18) Caring support of teachers and staff <p>COMMUNITY:</p> <ul style="list-style-type: none"> 19) Opportunities for participation 20) Decrease A.T.O.D. accessibility 21) Strong bonds with religious organization 	NAME:	# OF EACH RISK:		

ACTION PLAN TO PROTECT MY CHILDREN FROM ADDICTION:	
CHILD:	THINGS TO DO TO REDUCE RISKS AND INCREASE PROTECTIONS