



Building Life Skills

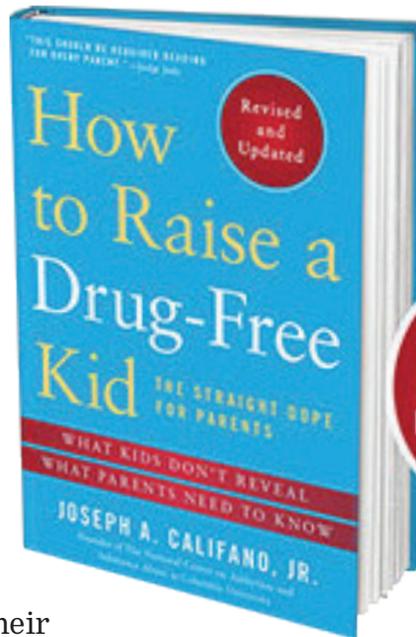


Key Building Blocks to Help Kids Succeed

Search Institute identified 40 building blocks of healthy development that help young people grow up healthy, caring and responsible. These building block-share referred to as “assets.” This article focuses on “Respect.” Young people have regard for the dignity, worth, and rights of all people, including themselves.

How to Raise a Drug-Free Kid

Anyone who has given their heart to guiding a child through the tough decisions of life has wished they had an instruction manual. *How to Raise a Drug Free Kid*, by Joseph Califano, Jr. is as close as it gets! This updated and revised edition by the former US Secretary of Health, Education and Welfare and founder of the National Center on Addiction and Substance Abuse at Columbia University is an easy read with tangible strategies for raising healthy kids. Finally some guidance!



dad, it simply requires using their strengths and taking advantage of opportunities to be an engaged parent. Readers are sure to get a vivid picture of the world teens confront today, practical steps to teach, protect, and empower their children,

and answers to the tough questions every parent posed to him at speaking engagements across the country, including:

- When and how should I talk to my child about drugs and

alcohol?

- Under what circumstances is my child most at risk?

- How do binge drinking and marijuana use threaten the development of my teen’s brain?
- How can I help my child handle the glamorization of drinking and drug use on social media, music, television, and the internet?
- How do I help my child deal with the rampant drinking and drug use perils on college campuses?

Califano combines the latest research with his discussions with thousands of parents and teens about the challenges that widespread access to drugs and alcohol present, and how parents can instill in their teens the will and skills to choose not to use.”

This article brought to you by: *Communities That Care of Lorain County with information from the National Center on Addiction and Substance Abuse*

Communities That Care (CTC) is excited to bring *How to Raise a Drug Free Kid* to Lorain County! As the County’s Drug Free Community Coalition, CTC wants to get the word out about this remarkable resource to individuals and organizations. Please give us a call to discuss opportunities to bring this book to a local small group discussions, events, or simply if you want to read it on your own. Please call us at (440) 282-9920. We suggest a donation of \$5.00 to offset the cost of the book.

Communities That Care



of Lorain County