

## Parent/Adult Self-Assessment

Directions: This survey is for you and/or your spouse or partner if you have one living in your household. Kids who learn about the dangers of drugs from their parents are 50% less likely to use drugs. If possible, don't wait until a crisis to answer these questions. Use a journal or separate paper for your answers.

1. What is your local school district's drug prevention program? If you do not know the answer to this question, contact your school district's curriculum director or your school's principal and let them know about Natural High. Direct them to [www.naturalhigh.org](http://www.naturalhigh.org).
2. Get to know your kids. Don't try to get the answers to all of these questions all at once. These things take time.
  - What is your son or daughter's natural high?
  - Who is their best friend or their closest friends? Name them and describe their interests.
  - Do any of their friends smoke? Drink on weekends?
  - What is your teen's favorite T.V. show? Website? You Tube Video? Band or singer? Movie?
  - How much time do they spend on Facebook?
  - Does your teen have a love interest? Name them, and describe their interests, hobbies, etc.
  - Who does your son or daughter go to for help on a problem (personal, academic)?
  - How many times a week do you have a meal with your son or daughter? (Use meal time to talk about your day. Share one high and one low from their day every evening at dinner.)
  - Does your teen have any celebrity role models? Who are they and what do they admire about them? Do they have any negative role models (or someone you would perceive as negative)? Have you discussed this with them with your concerns?
3. What do you have in common with your teen? List interests or hobbies you share. Talk about your own natural high with your teen, and if possible share experiences that will be fun for both of you. Also, describe the pressures you felt and/or your own experiences with drugs or alcohol at their age.
4. How has your attitude towards drugs and alcohol changed over the years? You may or may not want to discuss your own experiences with the teen in your household. (See the guide in [Timetotalk.org](http://Timetotalk.org) for pointers on how to handle this subject.) Realize that you are a VERY powerful role model. What you do, and what you have done affects your teen in a very profound way.
5. What are your current patterns of behavior at home as it relates to drug and alcohol use? If you use prescription drugs, does your teen understand the use and need for these drugs? Do you dispose of the drugs when they are no longer needed?
6. What refusal strategy is your teen using if and when offered drugs or alcohol? What refusal strategy do you use when you don't want to have something or do something?

*Here are two books that we recommend:*

- Bellace, Matt. (2009). *A Better High: A Humorous Look at Getting High Naturally, Everyday*, Rockaway, NJ: Winter Oak Press. ISBN: 978-0-615-32075-5
- Levine, Madeline. (2008). *The Price of Privilege*, New York, NY. Harper Collins, National Institute of Drug Abuse, (2004). ISBN: 978-0-06-059585

Also see: [www.timetotalk.org](http://www.timetotalk.org) and [www.teenhealthandwellness.org](http://www.teenhealthandwellness.org) for more support.