

# Cumberland County Drug Awareness Program

## Resources At Your Fingertips

- Crisis Intervention 1-800-878-4998
- Narcotics Anonymous 1-800-974-0062
- Alanon Family Groups 773-2218
- Alcoholics Anonymous 774-4335
- Chemical Dependency Treatment Center 854-8464
- Community Counseling Center 874-1030

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## Where Do You Look For Drugs?

- Sneakers
- Box Springs
- Speakers
- Tins
- Inside stuffed animals
- Pocket linings
- Hidden Spaces
- Behind Items
- Clothing
- Inside books and magazines
- Cassette cases
- Inside packs of cigarettes, ash trays, etc.

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**D.A.R.E.**

**TO STAY OFF DRUGS!**

## Positive Parenting Tips...

- Be involved. Attend your child's activities and programs.
- Help you child feel good about themselves.
- Encourage group activities that use your child's talents.
- Reach out. Set aside times to give your child full attention when he or she needs to talk.
- Set standards of behavior, limits and clear expectations for children both in and out of schools.
- Talk to your child about the consequences of drug and alcohol abuse.
- Be a good example.
- Let them know you love them a lot.
- Be patient.

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## What to Look For?

- Changes in behavior and character.
- Sudden loss of interest in normal activities.
- Dropping grades/poor school attendance.
- New groups of friends.
- Unexplained absences for long durations.
- Poor physical appearance.
- Wearing sunglasses at unseemly times, concealing red eyes or dilated pupils.
- Pro drug reading materials, posters, T-shirts, etc.
- Be watchful of children coming home from an evening out and going straight to their room. They may have been drinking or worse.