



Who do your kids want to be like? Are you sure?

Parents are their child's #1 role models

Studies have shown that most kids identify their parents as the most important role models in their lives. As parents, this is an honor and an undertaking. Parents have to continue to assess their own actions and behaviors in order to ensure that they are sending the right messages to their children. It is important for parents to talk about their mistakes, express their desire to work on having a positive attitude even when things aren't going well, set and achieve goals and talk about their personal role models and people they respect.



**HELPFUL WEBSITES
FOR PARENTS**
drugfree.org
parenting.org
abovetheinfluence.com
theantidrug.com
parentingisprevention.org
drugfreeamerica.org

GET INVOLVED!

8 Ways To Set a Good Example

1. Maintain a healthy lifestyle
2. Model a love of learning
3. Keep a positive attitude
4. Take responsibility for yourself
5. Behave ethically
6. Model good coping skills
7. Be reliable
8. Model service to others



Smart Summer is proudly brought to you by:

Branch County Substance Abuse Task Force
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Smart Summer is a program created by the Kalamazoo County Substance Abuse Task Force.