



# theParent HANDBOOK

A CHRISTIAN RESOURCE FOR PARENTS OF ELEMENTARY KIDS

PLAN YOUR  
JOURNEY

BULLYING

BOUNDARIES

CELL PHONES

FRIENDS

OPERATION:  
**PARENT**

EDUCATING. PREVENTING. CONNECTING.

Our mission is to provide ongoing education, support and hope to those raising teens and preteens in today's culture.

**Raising kids today is an adventure.**

GET PRACTICAL ADVICE TO EQUIP YOURSELF  
AS YOU BEGIN THE ADVENTURE OF A LIFETIME.

**INSIDE:** social media • huffing • coping skills & more!

THIS HANDBOOK IS BEING PROVIDED TO YOU BY:

# MY CHILD'S

## church & school info

school year: \_\_\_\_\_

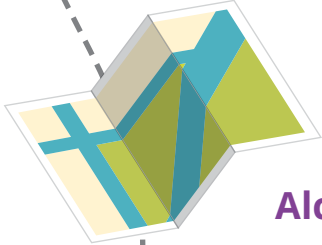
<b>child</b>		<b>grade</b>	
school phone number		school hours	to
ID number	bus number	drop-off time	pick-up time
lunch period	lunch time	to	
teacher		email/phone	
school principal		email/phone	
school counselor		email/phone	
<b>church night</b>		<b>drop-off time</b>	<b>pick-up time</b>
<b>youth pastor</b>		<b>email/phone</b>	

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# ALCOHOL *e-cigarettes, medications, etc.*

## *When do kids start experimenting?*

***Yikes! Much sooner than you think!*** Encourage your child with Scripture and pray daily as they will face temptation and peer pressure far sooner than you think. Studies show kids start experimenting with drugs and alcohol as early as 4th and 5th grade. The American Academy of Pediatrics recommends talking about the dangers of alcohol at 9 years of age. It often takes parents two years to discover a child's drug habit which means your child could actually become addicted before starting high school.

Teenagers cite their parents as one of the largest influences in their decision NOT to use drugs, so now's the perfect time to start talking and sharing that God wants us to honor Him with our bodies and will always provide a way to escape temptation.

Your child is constantly exposed to messages that make drugs and alcohol look like fun, that everybody uses them, and that they are perfectly safe. Don't let the media be the only message your child hears. Share God's plan for their life and His command to remain sober minded.

Kids don't realize that getting high on prescription and over-the-counter drugs is not safer than getting high on illegal street drugs and it can be just as addictive. Speak up! Speak often.

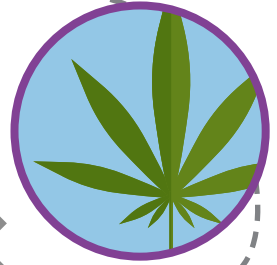
## *Your Child's Brain - Under construction and off limits!*

Did you know drug use can cause physical changes in the brain and damage, or even kill, brain cells? For instance, if alcohol is introduced while the brain is still developing, its development can be altered forever. There's no going back and fixing this. Experimenting with drugs and alcohol should always be off limits.



**From the Bible** 📖 **1 Corinthians 10:13 (GNT)** Every test that you have experienced is the kind that normally comes to people. But God keeps his promise, and he will not allow you to be tested beyond your power to remain firm; at the time you are put to the test, he will give you the strength to endure it, and so provide you with a way out.

And don't believe the myth that marijuana is harmless. Marijuana affects memory, judgment and perception and can **permanently lower your child's IQ up to 8 points**. (Marijuana is often the first drug kids will try before moving on to other illegal drugs.)



One more thing...does addiction run in your family? If so, you must talk about this with your child. Explain what it means to be "genetically predisposed."

### ***If you have it in your house, lock it up.***

If you have alcohol or any medications in your house, keep them locked up and keep track of how much you have. Kids can be very good at stealing small amounts if parents don't pay attention.

When your child is mature enough to manage their own medication, it's still wise to keep it locked up and occasionally count the remaining pills to ensure it's not being abused.

You might trust your child not to use your medications or alcohol, but some kids are be willing to sell it to other kids. Also be aware there are kids that might be tempted to steal it while visiting in your home.

Talk to others about the danger of not locking up their medicine, especially if your child will be in their home. Talk to grandparents, babysitters, other parents, friends, etc.

### ***E-cigarettes***

Kids are drawn to e-cigarettes, because they are easy to use and they come in a variety of sweet and fruity flavors. They are also easily available and can be purchased online by anyone.

E-cigarettes consist of a heating device that vaporizes liquid in a cartridge, and the resulting vapor is then inhaled. The liquid solution can contain varying amounts of nicotine, flavoring, and other chemicals. It is also possible to use e-cigarettes to vaporize marijuana.

If you have an e-cigarette, make sure that it is not accessible to your child and he or she knows not to use it.

“We’re standing up to today’s culture.”



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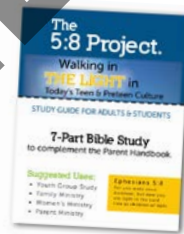


## The Parent Handbook

Available in English, Spanish and Christian editions, and perfect for anyone who interacts with teens and preteens. Bulk discounts available. Call to order: (502) 265-9045

## 5:8 Project Study Guide

The 5:8 Project Bible study guide was developed to open the lines of communication on the tough issues our children face. This practical 7-part study delves into the Word of God and is the perfect companion to the Christian Edition Parent Handbook.



## In-Home Drug Testing Kit

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