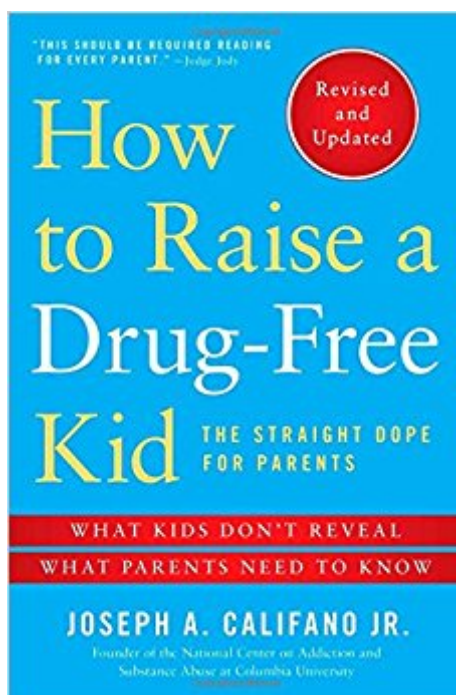


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How To Raise A Drug-Free Kid: The Straight Dope For Parents



Synopsis

The highly acclaimed comprehensive guide to getting your child through the formative pre-teen, teen, and college years drug-freeânow completely revised and updated. Nearly every child will be offered drugs or alcohol before graduating high school, and excessive drinking is common at most colleges. But the good news is that a child who gets to age twenty-one without smoking, using illegal drugs, or abusing alcohol or prescription drugs is virtually certain never to do so. Drawing on more than two decades of research at The National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia), founder Joseph A. Califano, Jr., presents a clear, common-sense guide to helping kids stay drug-free. All parents dream of a healthy, productive, and fulfilling future for their children; Califano shows which specific actions work and what parents can do to teach, protect, and empower their children to have the greatest chance of making that future come true. Teenagers who learn about the risks of drugs from their parents are twice as likely never to try them, and this book provides the tools parents need to prepare their children for those crucial decision-making moments. In this revised and updated edition, Califano tackles some of the newest obstacles standing between our kids and a drug-free lifeâfrom social media sites and cell phone apps to the explosion in prescription and over-the-counter drug abuse and the increased dangers and addictive power of marijuana. He reveals what teens canâor wonâtell their parents about their thoughts on drugs and alcohol, and 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. Califanoâs insightful and lively guide is as readable as it is informative.

Book Information

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Customer Reviews

• "This should be required reading for every parent of a child. Addiction has claimed the children of too many. Having the information and maintaining parental vigilance is a great start. The tools are found between the covers of this well-crafted book." • (Judge Judy Sheindlin) • "This wonderful book will help you answer some tough questions and give you a roadmap for tackling one of the hardest tasks as a parent." • (Jamie Lee Curtis, mother, actress, and author of children's books) • "The revised edition of How To Raise A Drug-Free Kid makes an already terrific book for parents even better. The book's focus on engaged and informed parenting is a very powerful approach. The book provides many ideas and very practical tips for parents on navigating the tumultuous waters of raising a child, and raising a child drug-free." (Joseph Woolston, MD, Albert J. Solnit Professor of Pediatrics and Child Psychiatry, Yale Child Study Center) • "This revised edition of Joe Califano's book, How To Raise A Drug-Free Kid, adds plenty of practical advice gleaned from both scientific literature and tips from parents. I recommend it with enthusiasm to parents and teachers." • (Herb Kleber, MD, professor of psychiatry and director, Division on Substance Abuse, Columbia University and New York State Psychiatric Institute) • "The author seems to peer under every rock and pebble to help parents understand which kids are most at risk, when the risks are highest, how to combat the issue, and more. From specific information about individual drugs to how to recognize abuse and seek treatment, this title is the 'Bible' on kids and substance abuse." • (Library Journal)

Joseph A. Califano, Jr., is the founder of The National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia). He served as US Secretary of Health, Education, and Welfare and has written several books. He lives in Westport, Connecticut. Visit CasaColumbia.org.

Great informative book. I wish that I could buy them and hand out to parents freely...hey, how about a deal for buying multiples. The whole idea is communication, be involved and stress choices and the consequences.

still reading but good info and well written

Just as described

The original Straight Dope book has been updated to take into account the new round of drugs (kids are taking powder pills instead of smoking, for example, and newer 'fads' such as Molly) as well as the effect of social media. Relying on first person accounts from various parents over the years, medical and psychological experts, and latest findings from the scientific community, author Califano gives even more compelling reasons to keep kids off drugs. The book is broken down into sections to make it easier for parents to reference. From what drugs are out there, symptoms or signs of use, dealing with peer pressure, parental responsibilities, and more. The crux of the book is definitely the parent and how instrumental and influential they are in keeping their children drug/alcohol free. Each section has tips, statistics, and bullet points to really hone in on the points. The author noted that the biggest reason for the update is the overwhelming evidence of just how destructive early drug use can be to the brain - citing a lot of the recent findings. Any kind of controlled substance use will have very adverse affects on the mental and physical health of the user. The book does read very much like a government pamphlet, tackling a serious subject with corresponding gravitas. But whether a parent suspects their child (or child's friend) of using alcohol or drugs or not, this is really required reading. Preferably, by middle school. Reviewed from an ARC.

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