



Saying No Is Not Enough Second Edition: Helping Your Kids Make Wise Decisions About Alcohol, Tobacco, and Other Drugs-A Guide for Parents of Children Ages 3 Through 19

Robert, PhD Schwebel

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The challenge: How to raise children in a drug-filled society and prevent substance abuse

Dr. Schwebel's Recommendations:

- Start when your children are young
- Create a family climate for communication
- Show your children how to meet their needs without drugs
- Help kids understand the dangers of drugs
- Help them learn to resist peer pressure
- Teach your children how to make wise decisions
- Establish give-and-take discussions with teens
- Stay alert to potential drug problems and know how to respond

How to listen and what to say in order to accomplish these goals is what *Saying No Is Not Enough* is all about. Now in its second edition, this valuable prevention and intervention guide for parents and professionals by Dr. Schwebel, one of the nation's experts, presents his complete, step-by-step program, refined and time-tested over the last twenty-five years.

What's New in This Second Edition:

- A full chapter on tobacco
- Recommendations about parents discussing their own substance use
- What to do about drug testing
- More on marijuana, the myths vs. the realities
- More on how to deal with lying and dishonesty
- More on intervention for parents whose kids are already harmfully involved with drugs

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Donald Jefferies:

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Clifford White:

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