



Just a few minutes of time  
can last a lifetime.

You can make a difference by spending more time with your children. By staying involved with them, you can help prevent their use of drugs.

For tips and ideas on what you can do to keep your kids away from drugs, call 1(800) 788-2800. Or visit our website [theantidrug.com](http://theantidrug.com).

**PARENTS**  
AND DRUGS

A Division of National Center on Substance Abuse and Child Health