

The following letter is written on behalf of Fond du Lac youth. Please take these words to heart during the upcoming holiday season....

To the adults in my life,

I want you to know that I listen when you talk, and more importantly, watch everything you do and learn from your behavior. I may not always have the courage to tell you what I am thinking when it comes to alcohol or other drugs, but this is what I want you to know...

Show me that alcohol and other drugs do not have to be a part of *every* get together. Celebrations are about having fun, being with family and friends, and creating lifelong memories.

Don't give me or my friends alcohol or other drugs...period. It is NOT cool, and it does not help me learn to make good decisions for myself and my health.

Don't drink and drive, especially with me or other kids in the car. I want us to be a part of each other's lives for a long time.

Get to know my friends and their families, because they are an important part of my life.

Check on me when I say I am spending time with friends. Although I may not always like it, knowing where I am, who I am with and what I am doing shows me that you care.

Give me clear rules and consequences about drinking alcohol and using other drugs. And don't just talk to me about this once...keep talking with me as I grow.

Keep your alcohol and prescription drugs locked up. I am less likely to take them from you if they are less available to me.

Have family dinners with me at least 2 to 3 times a week. The more often we eat dinner together, the less likely I am to smoke cigarettes, drink alcohol or use other illegal drugs.

When I do talk with you about alcohol or other drugs, please listen...I mean really listen...to what I have to say. I am more likely to come to you when I have questions or problems if I know you are truly going to listen to me.

If I do mess up with alcohol or other drugs, don't just punish me...find out if I also need some help. Know that the first time I get caught is not necessarily the first time I have ever used.

Show me how important I am to you by being my parent first, and then my friend.

Love,
Me

Presented by the Drug Free Communities, FHS Student Assistance Program and the CSI Project. With the support of Fond du Lac and North Fond du Lac School Districts and community partners, CSI is families, schools, and community working together to support children as they grow. Meeting their physical, social, and emotional needs now will result in healthy adults and a safe community for everyone. For more information or to get involved in the CSI project, please visit www.csifdl.org. The CSI Project is funded by the US Departments of Education (OSDFS), Health & Human Services (SAMHSA), and Justice (OJJDP).