

# Mindful Continuing Education

## Raising Drug Free Children

### Section 1: What You Should Know/Will My Kids Listen?

**1. Adolescents who have a good bond with an adult are less likely to engage in risky behaviors.**

- A. True
  - B. False
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### Section 2: What Substances Do Kids Use?

**2. The most commonly misused prescriptions medications are:**

- A. Stimulants such as Adderall and Ritalin
  - B. Depressants such as Valium and Xanax
  - C. Opioids such as OxyContin and Vicodin
  - D. Barbiturates such as Amobarbital and Phenobarbital
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**3. Which of the following is an accurate statement about marijuana and its use?**

- A. Is it difficult to discourage marijuana use by young people because they receive conflicting messages about it and some states allow medical and recreational use
  - B. Over the last two decades, the THC content in marijuana has significantly increased
  - C. Some users “vape” THC concentrate to inhale the resin without the smoke
  - D. All of the above
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### Drug Identification Chart

**4. Fentanyl, a synthetic opioid, is very dangerous because:**

- A. It is 10 times more potent than morphine
  - B. Users may mistakenly believe they are buying heroin
  - C. It is manufactured in the United States and is readily available
  - D. It is often mixed with methamphetamine and cocaine
- 

**5. Synthetic cannabinoids, such as K2 or spice are especially dangerous because they are sprayed with chemicals, and the user typically doesn’t know what chemicals are used.**

- A. True
  - B. False
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**6. Inhalants are only found in aerosol form, such as air freshener, spray paint, or hairspray.**

- A. True
  - B. False
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### **Section 3: Why Do Kids Use Drugs or Alcohol?**

**7. Letting a child know that someone who cares is always available and open communication are examples of \_\_\_\_\_ factors that can reduce a person's chances for using or misusing drugs.**

- A. Prudent
  - B. Nurturing
  - C. Protective
  - D. Constructive
- 

**8. One effective drug refusal skill for peer pressure would be for the child to shift the blame from themselves to their parents, such as by saying, "If my mom caught me smoking, she would ground me."**

- A. True
  - B. False
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### **Section 4: How Do I Talk to My Child About Drugs?**

**9. If your child asks you if you have ever taken illicit drugs, you should:**

- A. Deny it, even if you have used drugs
  - B. Confess to everything you done in order to enhance trust
  - C. Explain honestly what attracted you to drugs and why you want your child to avoid the same mistake
  - D. None of the above
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### **Tips for Talking to Elementary School Students (6-10 year olds)**

**10. When talking to elementary school students (6-10 year olds) about drug use/abuse, EACH of the following are recommended EXCEPT:**

- A. Repeat your message regularly
  - B. Tell them only about the dangers of illegal drugs at this age, but be prepared to discuss prescription drugs when they get older
  - C. Give praise freely when deserved
  - D. Take the lead on drug discussions if your child doesn't bring it up
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## **Ways to Talk to Middle School Students (11-14 years old)**

**11. Parents of middle school students are tempted to assume the teacher or educator role when speaking to their children about drug use/abuse, which can be daunting to young people and should therefore be avoided.**

- A. True
  - B. False
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## **Tips for Talking to High-School Students (15-18 Years Old)**

**12. In order to maintain appropriate boundaries while also giving high school-aged youth a sense of independence, teens and parents can work together to set limits and consequences.**

- A. True
  - B. False
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## **DOS AND DON'TS WHEN TALKING WITH KIDS ABOUT DRUGS OR ALCOHOL**

**13. Which of the following is NOT recommended when talking to kids about alcohol and drugs?**

- A. Explain the dangers of using in language they will understand
  - B. Make sure your children know that you will not always be available to talk because of time commitments, which will likely encourage them to take advantage of opportune moments
  - C. Believe in your own power to help your child grow up without using substances
  - D. Praise your children when they deserve it in order to build their self-esteem and help them make good choices
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## **Section 5: What if I Think My Child is Using Drugs?**

**14. If a conversation becomes heated or out of control when discussing drug use, parents should express love for their child and end the discussion with a plan to resume it later.**

- A. True
  - B. False
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