



# Drug Proof Your Kids

*As parents, most of us would love to somehow 'drug proof' our children. Not to closet them away, but to empower them to make wise, healthy choices as they encounter the many temptations laid before them.*

*Can I drug proof my kids?*

*If you mean, "Can I stop my child from trying tobacco, alcohol or illegal drugs?", the answer is NO.*

*But if you mean, "Is there any way I can influence the choices my child makes?", the answer is YES.*

*With generous funding from York City Council, Family Matters York are holding a **FREE** 5-week course at Joseph Rowntree School looking at how as parents we can reduce the risk of harmful drug use and help our children to make good choices.*

*Date: Mondays 8, 15, 22, 29  
January 5 February*

*To book a place or for any further information please contact Helen Atkinson on 07393 147259 or email [helenatkinson@fmy.org.uk](mailto:helenatkinson@fmy.org.uk).*

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