

# Are you a good role model for your kids? Are you sure?

## Setting an Example

Believe it or not, your kids are hearing every word you say and watching your every move. They learn a lot from you – like how to respond to stress and how to make good decisions.

Model the behavior and values that you'd like to see in your children. Think about what kind of example you set for your family, especially when it comes to alcohol, tobacco and other drugs. Be a positive role model...you are your child's greatest teacher.



### Think About It....

If you answer “yes” to any of the following questions, you may want to make a change or seek help.

- Had your family ever seen you drunk?
- Do you always drink when celebrating something important?
- Do you take sleeping pills often?
- Do you think it is funny to get drunk?
- Do you smoke cigarettes or marijuana?
- Do you ever drink and drive?
- Do you drink alcohol every day?

### Where to Turn for Help....

If you think you or a family member needs help for a substance abuse or mental health problem, you can call the following places for help:

- Pines Behavioral Health Services  
517-278-2129 or 1-888-725-7534
- Crisis Numbers:
  - 1-888-725-7534
  - 911
  - 517-278-SAFE

What traits do I value about myself? What do I need to work on?

