



Dads & Donuts

Discover the Powerful Influence Dads Have Over Their Children's Relationship With Alcohol and Drugs



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Through years of experience speaking with parent groups, we have learned that mothers tend to dominate attendance at parent meetings. A recent study by Partnership for a Drug-Free America also indicates that mothers take the responsibility of talking to their children about alcohol and other drug use more seriously than fathers typically do.

However, research also strongly suggests that fathers play a special role in the lives of their children. And so, it stands to reason that if fathers were to take a more active role in talking to their teens about substance abuse, they could further lower their chances for using and abusing drugs and alcohol.

What Research Tells Us About Fathers and Their Influence on Children:

- A healthy father-child relationship fosters a sense of competence and identity in children and teens.
- Fathers have a profound and long-lasting influence on their children's self-esteem.
- A father's closeness to his children serves a protective factor against the use and abuse of alcohol, cigarettes and marijuana during adolescence.
- Fatherhood may be the "missing link" in the attempt to reduce alcohol and other drugs among teens.

What You'll Learn in This Presentation:

- The three major "Dos and Don'ts" of talking to your teenager about drinking and other drugs.
- What to say about your past relationship with substances that will have the most impact (without making you sound like a hypocrite).
- The three skills you can improve upon to reduce the risk of your children using and abusing substances.

This presentation addresses the unique and protective value of a father's attitude, beliefs and actions around alcohol and other drug use in the family system. We recommend that this presentation be for "dads only" in order to allow fathers to connect with each other and feel a sense of personal ownership over the prevention of their teen's risk of alcohol and other drug use.

If your school or organization is interested in hosting a Dads and Donuts presentation, call or email us at:

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