

Leadership Tips

Tips on Becoming a Responsible and Drug-Free Leader from Patrick T. Grady and DFYIT



- Make a decision to live a healthy life by remaining drug and alcohol free. This includes avoiding situations where illegal substances may be available.
- Choose your friends wisely. Select close personal friends that make good choices and value the power of education and a drug-free lifestyle.
- Know the physical symptoms of substance abuse. The more you know, the more you are able to understand how to approach a loved one or friend. This can also help you to understand why they are getting high and how to help.
- Become a good listener by taking the time to listen to your friends and family. Try to find time to be with them when they ask to talk to you. Devote your attention to what they are saying, because they will know when you're pretending to listen.
- Don't be concerned about what other people think and don't try to be in the "in" crowd who may be involved in using illegal substances. Be yourself!
- Be involved in your school. Students who are involved in co-curricular and extra-curricular activities in their schools and communities tend to be drug-free, alcohol-free and achieve higher levels of education.
- Keep your families involved in your life. Families that are involved together make healthier choices and support each other through good times and tough times.
- If you feel uncomfortable talking to your parents, maybe there's an aunt or uncle who can take the time to understand your problems and concerns. If all else fails, maybe someone outside the family might be appropriate – a neighbor or coach or someone who's a good listener. It may be rough to get started, but caring people will know how to help.
- Take ownership of your future. Students that take responsibility for themselves, their actions and their futures, set goals and work hard to achieve those goals don't have time for the bad things in life...only the good!
- Choose great role models. Students who have a mentor for a year or more have shown promising results. These individuals have higher self-esteem, better relationships with their parents, and lower levels of drug use.
- Talk to your friends about joining DFYIT, which can provide them with important life skills such as positive reinforcement, social competency training, drug awareness counseling, conflict resolution and pro-social involvement in their school and community service.

For more information about DFYIT,
please visit their website at www.dfyit.org
or call 305.971.0607



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