



Just a few minutes of time  
can last a lifetime.

You can make a difference by spending time with your children. By staying involved with them, you can help keep them away from drugs.

For tips and ideas on what you can do to keep your kids away from drugs, call 1(800) 788-2800. Or visit our website [theantidrug.com](http://theantidrug.com).

**PARENTS.**  
THE ANTI-DRUG.

Office of National Drug Control Policy