HOW TO PROTECT YOUR TEEN FROM ALCOHOL & OTHER DRUGS

A guide for parents.

1. **BE A ROLE MODEL.**
   - Model healthy drinking behaviors if you drink, drink in moderation.
   - Set an example by modeling healthy relationships & fun non-substance based activities.

2. **SET CLEAR EXPECTATIONS.**
   - Set a clear 'no use' policy for your family.
   - Discuss the dangers & consequences of drug & alcohol use.

3. **SET LIMITS & FOLLOW THROUGH.**
   - Discuss rules in advance.
   - Allow your teen to build trust, reward good behavior.
   - Follow through with consequences: uphold limits set by the school or community.

4. **GET INVOLVED.**
   - Listen to your teen, wait to judge.
   - Monitor what your teens watch on TV or online.
   - Be warm & responsive. Start conversations with observations such as "You look happy/tired..."
   - Ask to know friends & their parents, check to see if adults are home during hangouts at houses.
   - Encourage your teen to call if they ever feel unsafe or uneasy.

5. **SUPPORT A WELL-ROUNDED LIFESTYLE.**
   - Encourage & support several hours a week of extracurricular activities such as community service, sports clubs, arts, music, drama.

6. **ENCOURAGE HARDWORK IN SCHOOL.**
   - Check on homework.
   - Limit screen time at home.
   - Celebrate improvements if needed. Talk to each other, counselors, or local workers to find additional resources or tutoring.

7. **REACH OUT.**
   - Seek for yourself & give to others on-going support.
   - Join activities you enjoy, spend time with family & friends, talk to other parents in similar situations, ask for help when needed.

It takes a village...