

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.

Be involved in your teens life:

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..."

▶ GET 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 IN ON HOMEWORK
LIMIT SCREEN TIME IN THE HOME
CELEBRATE IMPROVEMENTS

IF NEEDED, TALK TO TEACHERS,
COUNSELORS, OR SOCIAL WORKERS TO
FIND ADDITIONAL RESOURCES OR
TUTORING

It takes a village...

7

• REACH OUT •

SEEK FOR YOURSELF & GIVE TO OTHERS
ONGOING SUPPORT

JOIN ACTIVITIES YOU ENJOY, SPEND TIME WITH FAMILY
& FRIENDS, TALK TO OTHER PARENTS IN SIMILAR
SITUATIONS, ASK FOR HELP WHEN NEEDED