TIPS FOR PARENTS:

Parents, you are the first line of defense when it comes to your child’s drug use or drinking. You make the difference!

1. Set Rules. Let your child know alcohol and drug use is unacceptable in your family. Enforce stated consequences when family rules are broken.

2. Know where your teens are and what they will be doing during unsupervised time.

3. Talk to your teen. Casually ask how things are going at school, with friends, and about plans for the future.

4. Keep your teens busy, especially between 3 p.m. to 6 p.m. and into evening hours. Teens who are involved in constructive, adult supervised activities are less likely to use drugs than other teens.

5. Take time to learn the facts about marijuana and underage drinking and talk to your teen about the harmful effects on young people.

6. Get to know your teen’s friends and parents. Make sure you know their rules and standards.

7. Accept the role of a parent as your major responsibility. Children do not need you to be their friend, let others be their friend. You be the parent!

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