

TEENS

are not the only ones
who need to Check In:
Parents who Check In can prevent
teen substance use.



talk with your teen

Find small moments to listen to your teen; encourage conversation.

Give your teen a chance to teach you something new.

Let your teen know why it is important for them to avoid alcohol and drugs.

Give your teenager the skills, and the words, to say "no" to alcohol and drugs.



know your teen

Take time to know your teen's friends; get to know their parents.

Be awake when your teen arrives home at night and know the signs of alcohol and drug use.

Be prepared. Plan what you would do if you find that your teen has been drinking or using drugs.



model good behavior

Set a good example. Your teen will notice the decisions you make about drinking and drug use.

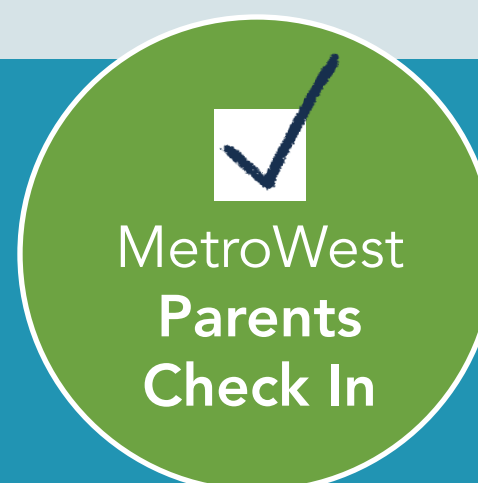
Keep track of alcohol or prescription drugs in your home and make sure they are not accessible to teens.

Avoid messages that glorify or promote alcohol use.

Adapted from materials created by the Maine Office of Substance Abuse

You have the power to make a difference!

For more tips, visit
www.parentscheckin.org



Message brought to you by:
Holliston Youth Substance Abuse
Prevention Initiative

For more information on local efforts
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