

# PARENTS

## Talk to your teens...

### As winter festivities approach

#### What Can You Do?

#### Talk with your teen about the dangers of drug and alcohol use

- Both drugs and alcohol can have negative effects on brain function, coordination, judgment and behavior. Check out [www.theantidrug.com](http://www.theantidrug.com) for more facts
- Be concerned without being judgmental
- Stay active in your teen's life without appearing to intrude
- Reiterate your support for them regardless of what issues arise

#### Talk to your teen about their plans

- Who, what, when, where, how long
- Parent/adult supervision & contact information

#### Check their favorite online websites frequently

- Check Facebook, Foursquare, Twitter, YouTube, Second Life, etc.

#### Other things you can do

- Listen to your teenager
- Get to know their friends and parents
- Reward positive behavior & honesty

