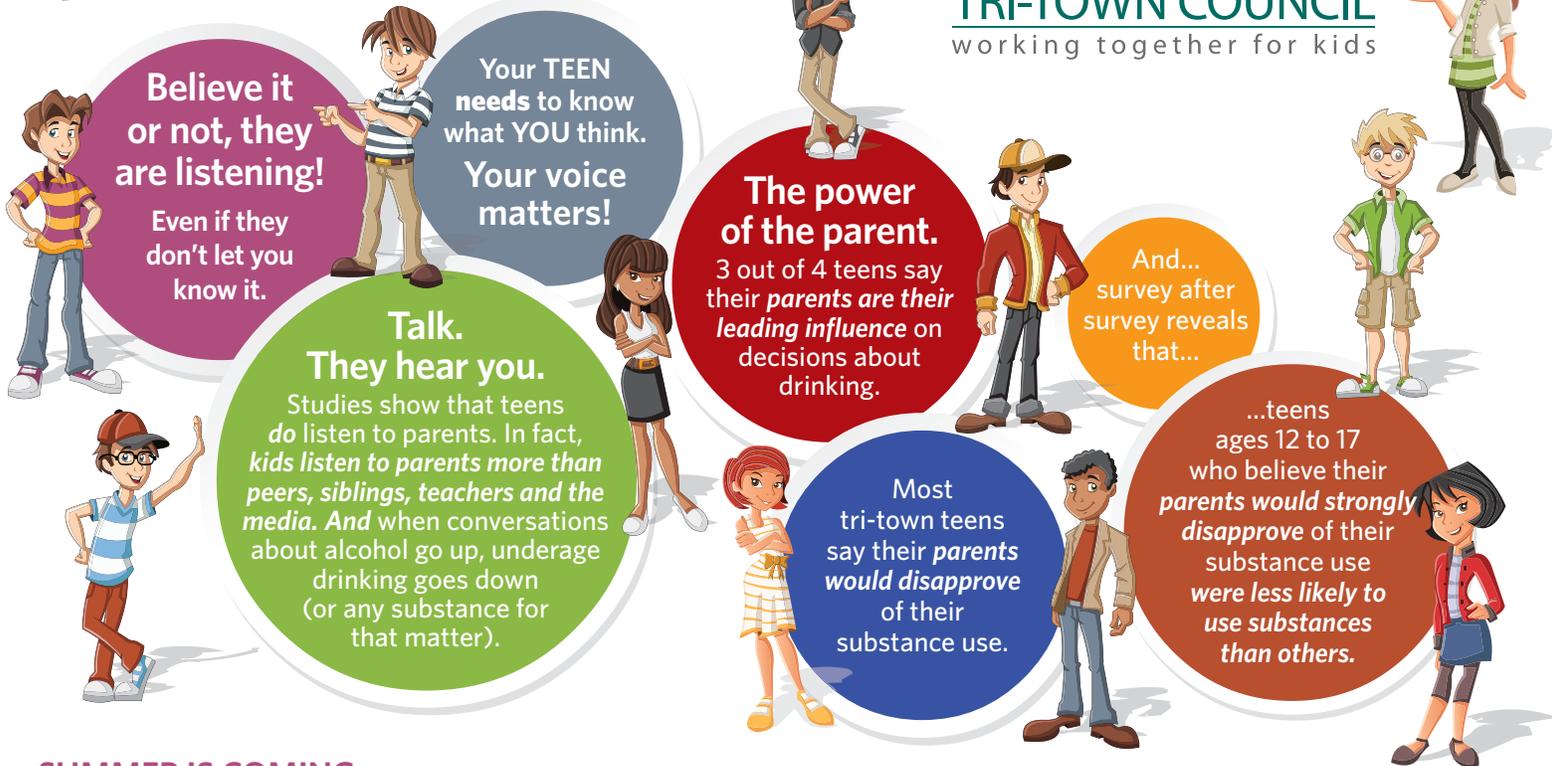


What???



SUMMER IS COMING:

Teens hanging out. Parties. Sleep overs. Down time. Days at the beach. It's all fun, but keep them safe.

FACTUALLY

- **A teenager's brain is still developing.** Good kids can make REALLY bad decisions. The developing brain is very sensitive to alcohol's effects (as well as marijuana and other substance use) on judgment and decision-making.
- The areas of the brain responsible for impulse control, planning, and anticipating consequences are not fully developed until the mid-20's.
- The earlier teens start using alcohol, marijuana, and other drugs, the more susceptible they are to addiction.
- **When it comes to underage drinking, the law is clear.** If you are under 21 years old, you may NOT consume alcohol. If you have a party, you may not provide, give or allow any of your guests who are under 21 to consume alcohol. As a parent you may be tempted to allow your teen to have friends over to drink at a party. You may think that by collecting the car keys, you can control it and they will be safe. Not only is that against the law, it is not safe. [Social Host Liability Law](#)
- **Locally, teens who DON'T USE are the Majority!** Data from the [2016 Youth Risk Behavior Survey \(YRBS\)](#) of Masco youth shows that **most** Tri-Town teens are **NOT** using alcohol or other drugs.

Kids whose parents are involved in their lives are less likely to use alcohol and drugs.

FIRMLY & CONSISTENTLY

- **2016 Tri-Town (YRBS) results show that 6 out of 10 Tri-Town teens report that it is fairly easy or very easy to obtain alcohol.**
- **Pay attention to what is in your home.** Kids get their alcohol predominantly from their own or friend's homes. They count on parents "not paying attention" to get away with sneaking alcohol or "hiding it in plain sight."
- **Set clear rules, including rules about alcohol use.** Enforce the rules you set.
- **Don't** let your teens attend parties where alcohol is served. Make sure alcohol isn't available at teen parties in your own home.
- Encourage your teens' growing independence, but **set appropriate limits.**

You are not alone:

- According to the 2017 APS, 97% of parents with youth in grades 9 -12 would **not** allow their child's friends to drink in their home as a way of preventing dangerous behavior.

PROACTIVELY (Make the call!)

- **Make it easy for your teens to share information** about their lives. Short conversations and "car talks" can be some of the most productive.
- **Make the call to the other parent!** Know where your teens are, what they're doing, who they're with, and who their friends are. *Make the call* to the other parent.
- **Help your teens avoid dangerous situations** such as riding in a car driven by someone who has been drinking, using marijuana or other substances. Give them a way to be able to leave a place where they are not comfortable or safe. Let them know you will **pick them up anytime, no questions asked.** Have a text code or other way they can let you know they need help.
- Per the 2016 Tri-Town YRBS results **most** Tri-Town teens report having **caring adults** in their lives they can talk with if they have a problem. You matter to them!



So...how can you let them know how you feel without them shutting you out?

WAYS TO EFFECTIVELY CONNECT WITH TEENS

Developing open, trusting communication between you and your teens is essential to helping them avoid alcohol or substance use.

If your teens feel comfortable talking openly with you, you'll have a greater chance of guiding them toward healthy decision making.

- **Encourage conversation.** Encourage your kids to talk about whatever interests them. Listen without interruption and give them a chance to teach you something new. Your active listening to your child's interests paves the way for conversations about topics that concern you.
- **Ask open-ended questions.** Encourage your teens to tell you how they think and feel about the issue you're discussing. Avoid questions that have a simple "yes" or "no" answer.
- **Control your emotions.** If you hear something you don't like, try not to respond with anger. Instead, take a few deep breaths and acknowledge your feelings in a constructive way.
- **Make every conversation a "win-win" experience. Don't lecture** or try to "score points" on your teens by showing how they are wrong. If you show respect for your teens' viewpoint, they will be more likely to listen to and respect yours.



Supportive relationships with parents, teachers, coaches and other caring adults is critical for healthy development. Relationships that encompass these five elements enable young people to discover who they are, build assets, cultivate abilities to shape their own lives, and learn how to engage with and contribute to their communities.

- **EXPRESS CARE** - Show me I matter to you.
- **CHALLENGE GROWTH** - Push me to keep getting better.
- **PROVIDE SUPPORT** - Help me complete tasks and achieve goals.
- **SHARE POWER** - Treat me with respect and give me a say.
- **EXPAND POSSIBILITIES** - Connect me with people and places that broaden my world.

For more information about these important Developmental Relationship Frameworks visit the [Search Institute](#).



SOURCES FOR THIS FLYER AND RESOURCES FOR YOU AND YOUR TEEN

- [The Cool Spot - Info for teens](#)
- [Essex District Attorney - prevention and intervention](#)
- [Psych Central](#)
- [College Drinking Prevention](#)
- [Ask.Listen.Learn - Tips for Parents](#)
- [National Institute on Drug Abuse](#)
- [Today.com 7 Ways to Stop Teens from Drinking and Driving](#)
- [SAMSHA](#)
- [2016 YRBS](#)
- [2017 Adult Perception Survey](#)
- [Tri-Town Council](#)
- [Social Host Liability Law](#)
- [Search Institute](#)
- [MADD's Power to the Parent](#)
- [Partnership for Drug Free Kids](#)
- [Above the Influence](#)
- [NIDA for Teens - Drug Use and the Brain](#)
- [Students Against Destructive Decisions](#)
- [40 Developmental Assets](#)

