

# **TEEN TOBACCO, ALCOHOL AND DRUG USE...**

## ***WHAT'S A PARENT TO DO?***

### **12 Things Parents Can Do to be a “Hands On” Parent and Prevent Teens from Using Tobacco, Alcohol and Drugs:**

- 1) Monitor what their teens watch on TV
- 2) Monitor what their teens do on the Internet
- 3) Put restrictions on the CDs their teens buy
- 4) Know where their teens are after school and on weekends
- 5) Expect to be and are told the truth by their teens about where they are really going in the evenings and on weekends
- 6) Are very aware of their teen's academic performance
- 7) Impose a curfew
- 8) Make clear they would be extremely upset if their teen used tobacco, alcohol or drugs
- 9) Eat dinner with their teen most every night
- 10) Turn off the TV during dinner
- 11) Assign regular household chores
- 12) Have an adult present when the teen returns from school

**“Hands-on” parents consistently take 10 or more of these 12 actions. Teens who live with “hands-off” parents are at four times the risk of substance abuse as teens with “hands-on” parents.**

*From the National Center on Addiction and Substance Abuse (CASA)*

*National Survey of American Attitudes on Substance Abuse*

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