

# Tips for Parents

## Laying Down the Rules

1. Set Rules- Let your teen know that drug and alcohol use is unacceptable and that these rules are set to keep him or her safe. Set limits with clear consequences for breaking them.
2. Praise and reward- good behavior for compliance and enforce consequences for non-compliance.
3. Know where your teen is- and what he or she will be doing during unsupervised time. Unsupervised teens are also more likely to engage in risky behaviors such as underage drinking, sexual activity, marijuana use and cigarette smoking than other teens.
4. Talk to your teen- ask them about how things are with school and their friends.
5. Keep them busy- engage them in after school activities. Research shows that teens who are involved in constructive, adult-supervised activities are less likely to use drugs than other teens.
6. Check on your teen- check where they are and whom they are spending time with.
7. Establish a "core values statement" for your family - consider developing a family mission statement that reflects your family's core values.
8. Spend time together- as a family regularly and be involved in your child's life. This makes setting limits easier and less stressful.
9. Take time to learn the facts about marijuana and underage drinking.
10. Stay in touch with the adult supervisors- camp counselors, coaches, employers, teachers, etc.



Prevention happens  
in the home.



For more information, please contact [info@lradac.org](mailto:info@lradac.org), call (803)726-9411, or visit [www.lradac.org](http://www.lradac.org).