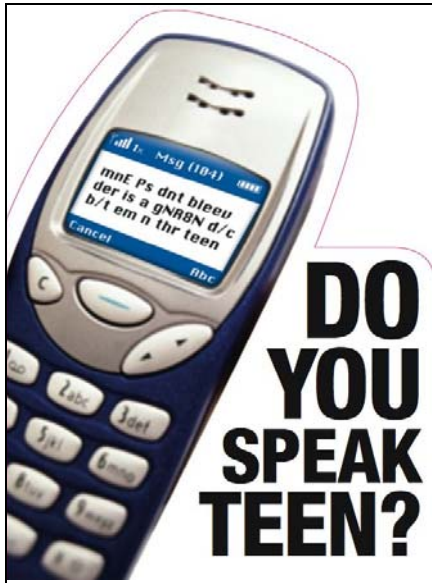


DAILY MANTRAS FOR KEEPING YOUR TEEN DRUG-FREE



I Will Talk to My Teen About Drugs: Only a third of parents talk to their teens about the risks of using drugs and alcohol, despite research showing that kids are less likely to use if parents have these conversations.

I Will Set Clear “No-Drug” Policies: Telling your teen that drugs and alcohol are not allowed—and outlining the consequences for breaking the rules—are important steps to keeping your child drug-free.

I Will Be More Involved: Teens whose parents are involved in their lives are less likely to use illicit drugs or alcohol, or to be involved in other risky behaviors. Talk to other parents about their rules and level of involvement too.

I Will Ask the Right Questions: Know what your children are doing when they are away from you, where they go and who their friends are. Know what they do on and offline. And monitor digital activities too, such as Internet usage, text messaging and social networking sites.

I Will Stay on Top of Emerging Drug Threats: Keep up with what new drug trends teens might be into, such as using prescription drugs to get high. Track quantities of medications in your home; dispose of old pills safely and properly, and ask others, such as family members, to do the same.

THINK YOU KNOW YOUR TEEN’S WORLD? THINK AGAIN.

mnE Ps dnt bleev der is a gNR8N d/c b/t em n thr teen. (Text Message Translation: Many parents don’t believe there is a generation disconnect between them and their teen.) How much do parents really know about their teen’s world? Especially as teens adopt new technologies so quickly?

Test your knowledge about teen life and lingo.

What do “space cakes” and “skittles” have in common?

- They are popular snacks
- They are sold in many convenience stores
- They are harmless-sounding names for drugs
- They are sold as high-energy drinks and contain high doses of caffeine

What have the media dubbed as “prosti-tots”?

- Teenage girls who date older guys to get drugs
- Scantily dressed teenage girls who emulate young, wild celebrities
- Teens who bring more than one date to a party
- Drug dealers who are known to deal to children

What is a “poke”?

- Making fun of someone over text messaging
- A new term for a teen’s car
- An online form of flirtation on a social networking Web site
- A rude way to get someone’s attention in class

Find the answers at www.TheAntiDrug.com/ParentChronicles.

Teens may be a hard study, but knowing more about their world and the influences around them will help you connect better with your teen.

Research shows that parental monitoring is effective in reducing risky behaviors among teens. In fact, teens who are not regularly monitored by their parents are four times more likely to use illicit drugs.¹ And while 80% of parents believe that alcohol and marijuana are not available at the parties their teens attend, 50% of teen partygoers attend parties where alcohol, drugs or both are available.²

There is good news. The majority of teens still report that their parents—not their peers or the media—have the biggest influence on their decision to stay away from alcohol or drugs. Visit www.TheAntiDrug.com/ParentChronicles to learn more about how parents like you are bridging the gap with their teens and helping to keep them drug-free.

¹Metzler, Rusby and Biglan. Community builders for success: monitoring after-school activities. Oregon Research Institute. 1999.

²The National Survey of American Attitudes on Substance Abuse XI: Teens and Parents. The National Center on Addiction and Substance Abuse (CASA) at Columbia University. August 2006.

ACTION ITEMS FOR PARENTS OF TEENS

These tasks take you a step closer to bridging the generation gap with your teen. To learn more about how parents like you are connecting better with their teens, try these Action Items and report back at www.TheAntiDrug.com/ParentChronicles:

- Pick up your teen’s mp3 player and go to the “Top 25 Most Played” section. Listen for references to alcohol, drugs or other risky behaviors. Then talk to your teen about what you heard.
- Visit social networking sites like MySpace.com, and browse the profiles of teens your child’s age to see what they say, what their interests are and what they are doing online.
- Can you name your teen’s favorite TV show? Watch it with him or her and discuss story lines.
- Go to a video sharing Web site and type in “smoking weed.” Watch some of the videos. Did you know that your teen might be exposed to these images?

For more advice on keeping your teen drug-free, and to connect with other parents like you, visit www.TheAntiDrug.com.