

Parent Tip:

HOW TO MONITOR YOUR TEENS ACTIVITIES

MONITORING is keeping tabs on your teens and plugging into their lives. It includes knowing:

- Where they are
- Who they are with
- What they are doing
- When they will be home

There are several important parenting steps that will help make MONITORING your teen easier and more successful.

1. Having a close relationship with your teen – let them know you're interested in them.
2. Setting specific expectations and "house rules" and make sure they know them.
3. Setting specific consequences for breaking the rules; be consistent with follow-through.

Tips for MONITORING:

- Tell your teen that you will be monitoring them.
- Monitor your teen's physical and mental health.
- Be respectful – ask, don't interrogate.
- Check on your teen at home – monitor the medicine cabinet.
- Make a rule – "no parents, no party."
- Require your teen to check in with you when they get home at night.
- Be involved in your teen's school and activities.
- Tell them they can always call you if they ever feel unsafe.
- Know where and how they spend their money.
- If you suspect trouble, make surprise visits to confirm that they are where they said they would be.
- Monitor your teen's activities online.

Source: Navigating the Teen Years, Office of National Drug Control Policy; 1-800-788-2800 or www.TheAntiDrug.com

Call Safe and Drug-Free Schools Consortium for additional information about prevention resources and the Primary Prevention Awareness Attitude and Use Survey- 614.292.9893.

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