

MONTIHIGH MESSAGE

Prevent Teen Drug Use: Connect and Talk with your Teen

If you see a change in behavior or have concerns about your teen reach out for help.

*The National Center for Drug Abuse Statistics recently updated the facts and statistics related to drug abuse among our youth and what they found was staggering. Youth drug abuse is a high-profile public health concern across the nation, with at least **1-in-8** teenagers abusing an illicit substance in the last year. 61.5% of 13–18-year-old students report abusing alcohol by the 12th grade, and 13% report using marijuana in the last year.*

Monticello High School
Guidance Team:
845-794-8840
Mrs. Manz ext 10959
Mr. Mannino ext 10958
Mr. Seidl ext 10957
Mrs. Steinberg ext 10961
Ms. Truesdell ext 10910953
Mrs. Lagarde ext 10963

The Partnership to End Addiction reports that the best way to prevent teen drug and alcohol abuse is to connect and talk with your teen. You are the biggest influence in your teen's life. Even though you may feel your child pulling away, eager for more independence, deep down they still want you involved. A strong bond with your child, especially during the teen years, helps reduce the chances of them engaging in unhealthy behavior and helps set the stage for preventing nicotine, alcohol and drug use.

MONTIHIGH MESSAGE

Set Limits and Monitor Behavior to Prevent Substance Abuse

Within the boundaries include consequences, otherwise there is no incentive to pay attention to the limits. Make sure that you can enforce the consequences.

Be sure to also acknowledge successes. When the majority of the things you say to your child is negative, each message carries less and less weight and gets less attention. Imagine the effect when a negative message is a rare occurrence.

Kids that are not monitored are 4 times more likely to use drugs than those that are not.

Set Boundaries, let them know what they are:

- What they can and can't do after school. This is the most common time for experimenting.
- When they have to do homework.
- When they can use the computer and what it can be used for.
- When they can have a phone and how it can be used.
- What types of technology and apps they can use and how.
- When they're allowed to go out and with whom.
- When they can drive or ride in a car with friends.

Monitor your teens behavior!

- Know where they are
- Know their friends
- Know what they are up to
- Know what they are doing online, what apps they use, get to know how to use the same ones
- Know how much money they have and how it is spent.
- Watch for changes in behavior, friends, routines, attitude and/or grades. These changes can be your first sign of unhealthy activity.