

SAFE Kids HEALTHY Kids
HAPPY Kids

Brought to you by
Parent Help Line



Protect Your Teen from Drug and Alcohol Use

Parents can play a powerful role in preventing alcohol and drug addiction in teens. *Teens with a high self image are less likely to use alcohol and other drugs.*

Parents, more than a teen's friends, have a huge influence on a teen's self image. That influence can be negative or positive. How kids see themselves is linked to the decisions they make.

Protect teens from drug and alcohol abuse. Make them feel good about themselves.

- Tell your teen how lucky you feel to have her for a daughter.
- Talk to your son about his special qualities.
- Praise your teen's good efforts, especially in front of friends and family.



- Talk to your teen about her future: college, training after high school, and community service.
- Take an interest in your teen's school and his education. Ask questions. Attend school events.
- Tell your teen, **everyday**, that you love her.

Are you a positive influence on your teen? Be aware of your words and your actions. Do they help or hurt your teen's self image? Positive talk helps prevent drug abuse.

Call the Parent Help Line. We listen. We can find you help.
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.