

# TIPS FOR PARENTS OF TEENS ENTERING HIGH SCHOOL

As teenagers transition from 8th grade to high school their independence grows. The start of high school often means increased socialization with older youth and can lead to an increased availability of alcohol and drugs. All of this creates new challenges for parents. Here are some facts and tools that have been proven to be useful for parents in preventing youth alcohol and drug use.

Alcohol and drugs are really harmful to you because your brain is still developing

### Know the facts:

Alcohol and marijuana use by maine teens doubles between 8th and 9th grade.

I know you learn about alcohol & drugs in health class, but I also want you to understand my concerns...

### Stay Connected:

Youth who learn about the risks of alcohol and drugs from their parents are 50% less likely to use substances.

It's my expectation that when you're with your friends alcohol and drugs are not present

### Set Clear Rules & Consequences:

If Maine teens don't think they'll be caught by their parents they are 5 times more likely to use alcohol.

If you're ever in a tough situation, use me as your excuse to have to leave...

**Discuss Friendship & Peer Influence:** Teen brains are not fully developed and decision-making is particularly challenging in social or emotional situations.

What is your curfew for your son/daughter?

### Stay Involved:

Talk with other parents, get to know your kids friends, get to know your kids friends parents.

I'm really proud of the effort you've been putting into making new friends (algebra class, helping your little brother, etc).

### Show You Care:

Let young people know that you care about them, and their future. Research confirms that praise can be one of the most powerful tools that you can use to influence your child's actions.

SUBSTANCE ABUSE  
PREVENTION RESOURCES

the  
Opportunity  
Alliance  
Public Health Program