

Hands-on Holiday



There's nothing better than seeing your teen's face light up after you've given her the perfect gift. But high-tech gifts, like mp3 players, phones, and computers, come with a responsibility that many teens may not take seriously.

You can help your kids stay safe by talking to them about handling electronics responsibly and setting limits for acceptable usage.

Remember to:

- **Be clear and consistent** about what is off limits—including certain Web sites, chat rooms, games, and blogs.
- Put computers in a common area of the house so you can **more easily monitor use**.
- Limit your teen's time online and have her **"check in" her cell phone** with you before heading to bed.
- Learn the latest **Internet lingo**.
- Discuss – and uphold -- **consequences for breaking the rules**.

How tech savvy are you?

From instant messaging and mp3 players to text messaging and blogs, how do you measure up on technology? With close to nine out of 10 teens online, it's important that parents know what's going on in the digital world. We can help you get up-to-speed.

Test your tech savviness

In Denial or Taking Action?

Are you starting to worry about changes in your teen? Wondering who his new friends are? And even that he might be hiding something? Parents who have been down this path and chose to stay quiet have some advice for you: It's time to take action.

In her latest column for the **Parent Chronicles** project, parenting expert Alison Birnbaum relays stories from parents who have struggled with their own teens' drug use and regret being in denial for so long.

Taking cues from these experiences, Alison advises that you are entitled to find out whether your children are using drugs.

Find out how

NEWS [»](#)



Don't ignore the signs

"Talk to your children," advises woman who lost her son to prescription drug abuse.

[Read article>>](#)

ADVICE [»](#)



Ready to take action?

Here are some hints to help you get started and better communicate with your teen.

[Read more>>](#)

FREE RESOURCES [»](#)



Looking for **FREE** anti-drug information? Check out all of *TheAntiDrug.com's Campaign Resources>>*

And check out these credible, user-friendly sites for information on how to **monitor your teen's use of technology**.

GET INVOLVED [»](#)



Find help and local resources. Locate the drug and alcohol abuse treatment programs nearest you or call **1-800-788-2800** for informational materials.

[Read more>>](#)