

PARENTS.

THE ANTI-DRUG.

April 8, 2008

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SENIOR YEAR LIMITS



'Tis the season for high school seniors to celebrate: from spring break to prom to graduation parties. It's also an opportune time for parents to talk to their teens about the drinking, drug use, and risky behavior that sometimes occur at these celebratory events.

Even if you've already talked to your teen about these issues, now is a good time to reinforce your expectations. Be clear that even though they're graduating and may soon be on their own, drinking and drug use remain unacceptable. Explain and enforce real consequences for breaking these rules. There are also often safe alternatives for senior-year celebrations. Get involved in planning or chaperoning alcohol-free parties and encourage your teen to spend their time off from school volunteering or engaged in productive community activities.

More tips for setting clear rules.

Alcohol Awareness

April is also **Alcohol Awareness Month**, presenting another opportunity for you to talk to your teen about the dangers of drinking. In addition to starting an open conversation, one of the most powerful things you can do for your teen is to set a good example when it comes to your own drinking.

Learn more about being a good role model.

How do you know when your teen has formed a dangerous habit? Parenting expert Alison Birnbaum suggests these warning signs:

1. Your child's relationships have suffered because he/she is no longer seen as being able to keep his/her word.
2. Your child's school work has suffered.
3. Your child has been treated or limited by a community institution: the school, the police, or the hospital.
4. Your child's habit continues even though it makes her/his life worse.

Learn more about the danger signs and about **setting limits with your teen**

NEWS »



Plight of Teenage Insomniacs

In a new study, researchers report that insomnia in adolescents is as prevalent as substance abuse and other disorders, like depression and ADHD.

Read full article>>

ADVICE »



Is your teen stressed out? The day-to-day pressures teens face, such as the pressure to fit in and to be successful, can lead to stress.

Learn how to **help your teen cope**>>

FREE RESOURCES »



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

And check out the Parent-Teen Generation **Gap package** to learn how to encourage more communication and understanding with your teen.

GET INVOLVED »



Find help and local resources. Locate the drug and alcohol abuse treatment programs nearest you or call **1-800-662-HELP** for informational materials.

More resources>>