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YOU are your teen's biggest role model



As pop culture has become a 24-hour, 7-day-a-week, online and offline phenomenon, young people often look to their favorite music artists, athletes, and/or actors to be the dominant role models in their lives. But celebrities and public figures have been increasingly caught making bad choices and engaging in risky behaviors, and that is far from being a good example. Drinking and using drugs such as marijuana is dangerous and can lead to addiction, criminal activity, loss of school scholarships, and mental health disorders like [depression](#).

Take this time to talk to your teen about the dangers of drug use and set clear rules about consequences. Always remember that you are the single most important influence when it comes to drugs. So this message needs to start with you.

Learn more about connecting with ["Teens Today."](#)

Be open and honest

It can be difficult talking to your teen about your past, especially if it involves drug use, and other risky behaviors. But these experiences—drawing on real-life examples of friends who had trouble as a result of drug use, couldn't get a scholarship, or caused a car crash while high—will hit close to home for your teen. Use this opportunity to talk to your kids about making smart choices. Be sure to emphasize that this discussion is about their future, and not about your past. Even if you made mistakes in the past, be clear that you do not

Not sure how to be the best role model for your teen? Follow these simple steps;

1. Take interest in things they enjoy.

Find out their favorite hobbies and spend an afternoon together doing what they love most.

2. Set rules and be the example.

Let your teen know that drug use is unacceptable and help them to make good choices for their future. Let them know that you, too, will practice making good choices.

3. Keep the lines of communication open.

Casually ask how things are going at school and in their social life to ensure an open, ongoing dialogue at home.

4. Talk about smart decision-making.

Use a casual conversation to talk about good decisions and bad decisions, as well as consequences of both.

More tips on how to [be a good role model](#).

want your children to repeat them.

More on how to [talk to your teen about drugs.](#)

NEWS



Real role models live in your community

Parents should talk about role models and remind their kids that admiring a person's accomplishments is a good thing, but the people who impact them daily are those in their own community.

[Read full article >>](#)

ADVICE



Read [expert advice](#) on how to confront difficult situations with your teen and check out "[Conversations for Parents](#)" for more tips on talking to your teen.

FREE RESOURCES



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

And check out our comprehensive package of fact sheets, guides, and open letters on [teen drug use.](#)

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