



Make Healthy Choices

According to a study by the Center on Addiction and Substance Abuse, more than half the nation's 12 to 17 year olds (52%) are at greater risk of substance abuse because of:

- High stress
- Frequent boredom
- Too much spending money
- Or a combination of all these characteristics

For more information about drug and alcohol programs and resources for alcohol and drug abuse, please contact a Student Assistance Program (SAP) Specialist at **800-678-2332 ext. 6117** or visit **www.CaronSAP.org**.



Quick Tips for Parents

- Keep alcohol, tobacco, prescription drugs, and toxic chemicals locked up and out of reach. Throw away unused prescriptions.
- Know where your teens are at all times, especially during the hours of 3 and 6 pm.
- Be aware of your child's spending habits, and limit their disposable income.
- Educate yourself and be aware of the signs and symptoms of substance abuse.
- Create a contract with your teen with a promise to not use drugs and alcohol with clear consequences outlined.
- Discuss the dangers of substance use with your teen.
- Set a clear curfew and enforce it.
- Provide your child with specific refusal statements.
- Create a code word or phrase that your child can use when in an uncomfortable situation involving drugs and/or alcohol.
- Be in touch with other parents and ask about adult supervision at social gatherings.
- Pay attention to frequent sleepovers and social gatherings at the same home.




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