

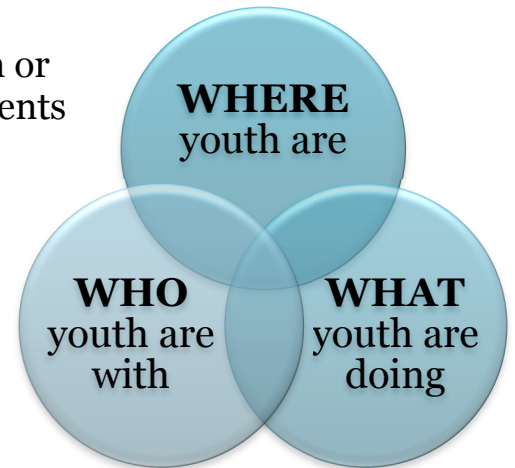
Do you know where your kids are right now? Are you sure?

The Importance of Monitoring

Monitoring is an effective way you can help your tween or teen stay drug-free. While kids may complain that parents “don’t trust them” or are being unreasonable, there is security in knowing that parents care enough to ask.

Monitoring involves allowing independence, but still knowing:

- ✓ Where youth are
- ✓ Who youth are with
- ✓ What youth are doing



Summer ALERT

Kids that are not regularly monitored are **4 times** more likely to use drugs, than kids who are monitored regularly.

Monitoring Tips



1. Require them to check in by phone
2. Occasionally drop in unannounced to make sure they are safe
3. Ask details before and after they “go out”
4. Talk to their friends and their friends’ parents often
5. Stay in tune with their mood and behavior
6. Prepare your youth to handle emergency situations



Doing something fun together or spending hang out time with your kids will help them to feel less threatened when you check in on them at later times. Quality time together helps to build trust both ways.

HELPFUL WEBSITES FOR PARENTS

branchcountysatf.com
theparenttoolkit.org
parentfurther.com
kidshealth.org



Get Smart Summer updates online:
Branch County Substance Abuse Task Force

