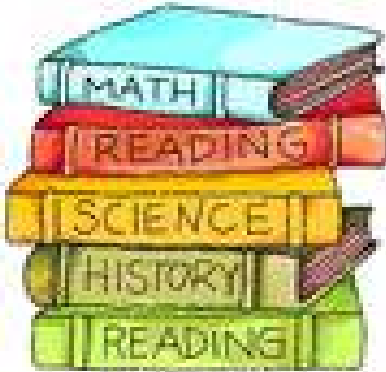


BACK-TO-SCHOOL HOMEWORK ASSIGNMENT FOR PARENTS



Going back to school signifies a time of new beginnings – new schools, classes, and friends. It can also be a time of new challenges for many young people when it comes to alcohol and drugs. As a parent, doing your homework and being a positive role model can impact your teen’s decision to avoid using drugs and alcohol. Parents can get smart about the risks associated with teens going back to school and make the grade in keeping their kids drug and alcohol-free by completing the "homework assignments" below.

1. Be aware of challenges facing your teen as they enter high school.
2. Get to know your teen’s friends and where they hang out.
3. Help your teen in supervised activities.
4. Schedule time with your teen to discuss your family’s “no drug use” policy-set and enforce rules with clear consequences for breaking them.
5. Eat meals together as often as you can.
6. Involve your teen in supervised activities.
7. Check in with your teen after school.
8. Watch for a decline in your teen’s school performance.
9. Know the warning signs of drug and alcohol use.
10. Be a better listener.

Adapted from Parents: The Anti-Drug