

SUMMER SAFETY TIPS

KEEPING TEENS SAFE FROM SUBSTANCE MISUSE

WHY DOES SUMMERTIME LEAD TO INCREASED SUBSTANCE USE AMONG ADOLESCENTS?

- More free time and fewer activities
- Less supervision
- Increased peer pressure as kids spend more time with their friends
- Parties, events, festivals
- Increased time at home and more access to substances
- Boredom and isolation

TIPS TO HELP KEEP YOUR TEEN SAFE THIS SUMMER

- Establish rules and reinforce them
- Supervise
- Know your teen's friends and communicate with their parents
- Roleplay situations
- Establish a safe word
- Have an open line of communication with your teen

ESTABLISH RULES AND REINFORCE THEM

Whatever your rules and expectations are, whether around curfew, time with friends, or anything else, express them clearly, clarify why they are in place, and explain the consequences if they break the rules. Follow through with those consequences!

COMMUNICATE WITH OTHER PARENTS

Introduce yourself over the phone or in person. Get contact information. If your kids are planning a party or sleepover, confirm an adult will be present and encourage other parents to do the same when you are the host.

SUPERVISE

Let your kids know that you or another parent may call or text them. Be clear about your expectations/rules regarding unsupervised parties.

ROLEPLAY SITUATIONS

With your teen, come up with some explanations that your child can use in uncomfortable situations. These explanations will give your child an "out" while saving face, especially in cases of peer pressure. Let them know it's ok to blame you if they need to, such as, *"My mom said I have to be home by [a certain time], and she'll take my phone if I'm not"*.

ESTABLISH A SAFE WORD

Your teen may find themselves in a situation where others are using substances and they are uncomfortable. Set up a "safe word" that your child can text to you if they need help. When you get that text, call your child with a reason they have to come home. It will keep them safe, and they won't be embarrassed.

**MOST IMPORTANTLY, TO KEEP YOUR TEEN SAFE OVER THE SUMMER,
HAVE ONGOING CONVERSATIONS WITH THEM!**