



Parents. The Anti-Drug

Bannockburn, Deerfield, Highland Park, Highwood, and Riverwoods

Dear Parent,

Studies show that parents significantly influence their children's choices and lives. With this in mind, parents need to continue to effectively communicate with their children. Learning how to talk and listen to your children can help prevent them from making poor choices, sometimes with devastating consequences.

For the next five weeks *Parents. The Anti-Drug* will be providing you with lots of information in an effort to enhance communication with your child and even other adults. Information will be about youth alcohol and drug use in our community as well as consequences of use (legal, physical, etc). We will also include tips/strategies to help you and your teen talk about this sometimes challenging topic.

'*Everyone does drugs*' is a misconception that many teens have based on their peer relationships and the messages received by the media. Parents need to convey a message that not everyone uses drugs and alcohol. Additionally, as parents we need to set clear guidelines regarding alcohol and drug use.

In a 2008 survey, 74% of tenth graders and 49% of twelfth graders report not drinking alcohol in the past month. Additionally, 40% of tenth graders and 37% of twelfth graders report their reason for not drinking or using drugs is that it is bad for your health.

Take Time to Talk!

Use this information to start a conversation with your teen. "*I read that one reason teens in our community don't drink alcohol is because it is bad for your health. What are your reasons you don't use?*"

You can also use this information to start a conversation with other parents. "*The expectation we have for our child is that she doesn't drink before she is 21. How do you have that conversation with your teen?*"

We encourage everyone to **take time to talk every day, and especially** on October 4, 2009. Keep your eyes and ears open for next week's email from *Parents. The Anti-Drug* and **Take Time to Talk** on October 4.

Your Friends at...

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