



Parents. The Anti-Drug

Bannockburn, Deerfield, Highland Park, Highwood, and Riverwoods

Dear Parent,

September 25, 2009

You know you have talked with your teen about your expectations when it comes to alcohol and drugs. You may have talked about the dangers of using, the legal and health consequences, etc. The conversations need to continue. Teens sometimes don't remember those conversations.¹ Remember, you are the most important influence in your teen's life!

Seizing the moment...

There are lots of moments each day to teach your teen or pre-teen life lessons. Teens whose parents are involved in their lives -- holding regular conversations, attending after school events, listening to their problems -- are less likely to drink. Think about talking with your teen:

- After watching television shows or movies
- While cooking or eating dinner
- After a school sporting event or activity
- While reading about teen issues/current events online or in the newspaper
- While you are driving the car with your teen

One great time is when eating meals together. According to an August 2006 article by [The National Center on Addiction and Substance Abuse](#) at Columbia University, teens who have infrequent family dinners (two or fewer per week) are twice as likely to smoke daily and get drunk monthly, compared to teens who have frequent family dinners (at least five per week). Maybe dinner isn't the meal your family has together. Perhaps it's breakfast! Either way, taking time to share the moment together can spark a great conversation.

Take Time to Talk!

We encourage everyone to **take time to talk every day**. We will be sending more messages this week in preparation for **Take Time to Talk** on Oct. 4th. Do you have a question for us? Contact us at [Parents. The AntiDrug@gmail.com](mailto:Parents.TheAntiDrug@gmail.com).

Your Friends at...

Parents. The Anti-Drug

¹ When asked if their parents talked with them about not using alcohol, 1/3 of 10th graders and 12th graders in District 113 responded 'no' or they 'did not remember'.

Last week we provided a link to the Dist. 113 synopsis of the extracurricular policy. Please note that it has been updated and can be found by clicking [here](#).