



Parents. The Anti-Drug

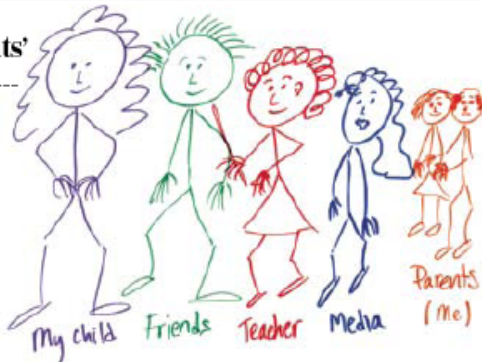
Bannockburn, Deerfield, Highland Park, Highwood, and Riverwoods

Dear Parent,

October 1, 2009

When parents were asked to draw the greatest influences on their teens, they placed themselves last.

Parents' view



When teens were asked to draw the major influences in their lives, they placed their parents first, before peers and activities.

Teen's view



Many parents don't realize the impact they have on their teen's decisions!

Your messages and actions are just as important for your teens as it was when they were little. Here are more strategies for conversations!

- Talk to other parents about ways to send a consistent, clear message that underage drinking is not acceptable behavior or a "rite of passage."
- Set a good example for your teen regarding the use of alcohol. Don't over-consume in front of them and explain the difference between responsible adult consumption versus being drunk. Tell them what limits you draw for yourself when it comes to drinking in public or at home, as well as how you act responsibly to not drink and drive.
- Encourage your teen to talk with you about their problems and concerns. Sometimes it is difficult and it's worth it!!

We encourage everyone to **Take Time to Talk** every day, and especially on October 4, 2009. Do you have a question for us? Contact us at Parents.TheAntiDrug@gmail.com.

Your Friends at...

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