



Roanoke Area Youth Substance Abuse Coalition
Promoting a Safe & Drug Free Roanoke Valley

www.raysac.org

RAYSAC Radar

Start the New Year Off Right!

10 Resolutions That Show Your Kids You Care

Help your teen understand the dangers of drugs and alcohol

Developing an open, trusting relationship with your teen is essential to helping him or her avoid risky behavior. If your child feels comfortable talking openly with you, you'll have a greater chance of guiding him or her toward healthy decisions.

TimeToTalk.org celebrates the positive influence of parents and can help you start the New Year with *10 Resolutions That Show Your Kids You Care*

1. Teach your children to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you – and do whatever you can to meet those needs.
4. Listen to your teens, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply in choices and decision making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

Youth need support, trust, and reliable information. Talking about drugs and alcohol with your teen is imperative. Research strongly shows that active, supportive involvement by parents can help teens avoid alcohol and drug abuse.

Parents! Use Your Voice...they are listening!