

Ways to show you care.



Call the other parent!
Be sure your child is where they say they are. With our technological advances it's easier than ever to keep up with parents of your child's friends.

Don't be afraid to say come home.

Monitor their internet content and check out new apps for parents.



Talk to your teen
more than once
about the impact of using drugs or alcohol.



Keep up with current drug use trends. Check out the National Institute of Drug Abuse (NIDA) drugabuse.gov & Partnership for Drug Free Kids - Drugfree.org

Here are some great tools for parents!

Take the time to share your child's experiences. Although life can be busy, it's important to try to be present for their games, events and important moments.

Signs of substance use:

- Disregarding rules
- Isolation
- Depression
- Grades decline, skipping school
- No interest in family activities
- Lots of sleep overs
- Finding odd objects/ paraphernalia
- Change in friends
- Aggression and behavior changes

Trending Teen Apps:

- YikYak
- Tinder
- Ask.fm
- Kick Messenger
- Voxer
- Poke
- Whisper
- Tumblr
- Shots of me
- Jailbreak

Apps (Tools) for parents:

- Teen Safe App
- Time Away
- MomaBear
- My Mobile Watch Dog
- MM Guardian
- Canary
- Ignore No More
- DinnerTime