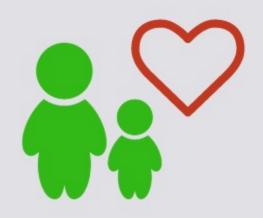
## Ways to show you care.





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)

Drug Free Kids - Drugfree.org

drugabuse.gov & Partnership for

Here are some great tools for parents!

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



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.

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**