



Our mission is to promote community collaboration and positive choices in an effort to reduce substance use and abuse.

We believe that substance use and abuse is a community-wide concern which requires a community-wide response

Tips for Parents

Parents have the most influence on teens' decisions to use drugs, alcohol, or tobacco.

Talking to your teen often about your concerns and being consistent with your message are great ways to reduce your teen's risk for drug and alcohol use.

- 1. Have clear & consistent rules** about alcohol and drugs
- 2. Check in often:** Know where your teen will be and check in on how they are doing.
- 3. Limit Access:** Make sure teens don't have access to alcohol and drugs in your home.
- 4. Talk to other parents.** Make sure other parents do not allow teens to use alcohol and drugs in their home. FMI: backeachotherup.org

Tips for the Community

Teens look to the adults in their lives for guidance and support. Help them make good decisions:

- 1. Be a caring adult**
- 2. Give accurate information** about the affects of drugs and alcohol on teens.
- 3. Offer a consistent message:** Teen alcohol and drug use is not the norm.

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