

Prevention **Continued**

values. Still, that leaves a lot to discuss. The result is that everyone knows what's expected beforehand and kids feel empowered since they were part of the process.

Drugs and alcohol use are not the only topics worthy of a Prevention Talk. There are many situations that could be improved upon with a little "up-front" discussion on expected behavior: going out to eat in a restaurant, going to the store, visiting grandparents, spending the night at a friend's house, etc.

How to Hold a Prevention Talk

Before your meet with your kids, take a few minutes to write down your concerns and identify potential problems. Once you are comfortable with the topic, then call the family together and start with something like "just to make sure we are all on the same page about _____." Keep your tone and attitude positive. You want to show confidence in your children's ability to make good decisions and behave appropriately for the situation. Some of the questions you might ask are:

"What kind of problems might come up that you would have to deal with?"

"How would you handle that?"

"What if ...?"

Be sure to get agreements and stay encouraging. For example:

"Then, we agree that ..."

"And if _____ happens, then you will _____ and I will _____."

"Good thinking!" "I like that." "I want to make sure you have a good time, and that you stay safe and healthy."

Takes notes from your meeting and afterward write down the agreements and expectations. Some families like to post final agreements in a prominent location as reminder to all.



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Battling Teen Peer Pressure Going Back to School

daughter about different ways of responding to peer pressure. Also, encourage walking away from unhealthy friendships built on peer pressure and those that can harm him or her. Develop a rescue plan with your child. Make sure to emphasize that you are available to pick them up or help them if they are ever put in a risky situation and will always prioritize safety over punishment.

#3: Provide Positive Parenting

Parents should help teens cope with peer pressure by encouraging positive relationships and becoming involved and supportive in his or her interests. When a teen feels confident, he is less likely to give in to pressure from others. Participation in after school clubs and sports will help students avoid potential scenarios and form relationships with peers who share these positive interests. These activities can also occupy the time that teens might otherwise spend participating in negative activities.

Remember what it is like being a teen? With a new school year around the corner, teens will desire to be socially accepted when with new people or in new situations. Ensure a safe and healthy year by being an accountable parent and teaching the strategies needed to cope with peer pressure as the new school year begins. Remember we're here for you. At Navajo County Drug Project & Community Bridges, Inc., we'll help provide tools for you at every step of the way.