

# Surviving the Teenage Years

## **PTA Council Information & Tips for Parents of Teens**

**Teens don't always make the best choices...  
make a safety plan with your teen.**

No matter what we do to protect our teens from drugs and alcohol, all teens get into tough spots once in a while. That's when a good safety plan comes into play.

Imagine you're a teen and you've just done something really dumb like get drunk at a friend's house. Who are the last people on earth you'd want to find out? Your parents, right? You'd be in so much trouble if they did.

A safety plan gets your teen past that fear by letting him know that you care more about him than about what he does. Even if you think he already knows how you feel, spell it out for him. Then lay out your plan. Here's one way to do it:

*"Nothing in the world is more important to me than keeping you healthy and safe. That's one reason I don't want you to drink or do drugs. But if you ever find yourself in a bad situation — like, you get drunk at a party, or the person who's supposed to drive you home does — I want you to call me. I don't care what time it is. I'll come to pick you up and I won't ask any questions until the next day. Will you promise to do that for me?"*

Source: A Parent's Guide To The Teen Brain <http://www.drugfree.org/teenbrain/tools>

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