

Tip of the Month

"Keep Your Kids Drug Free This Summer"

In a recent report by the Substance Abuse and Mental Health Services Administration (SAMHSA), each day in June and July 5,800 teens try marijuana for the first time. Summer is here and school will soon be out. The sun will be shining and teens will have the time to spend their long warm days as they choose. While this seems like the perfect summer, it can also lead to teens making poor decisions. Keeping teens involved in supervised activities and sports during the summer months is a great way to keep them safe from drugs.

Tips for Parents to Keep their Children Safe in the Summer:

- **Encourage teens to get a summer job** - not only does it put a little extra cash in their pockets (and yours!) it gives them a safe, supervised place where there is little time to get into trouble, not to mention it gives them work ethic and makes them more responsible.
- **Opportunities for community service** - get a jump-start on college applications by embarking on community service opportunities. It is good for the community and it keeps them busy during the day.
- **Sign them up for a camp or summer sport** - physical activity is beneficial for a strong healthy life!
- **Daily check-ins** - it is important to know what your kids are doing. Send an occasional text just to see what they are up to while you are at work .
- **Don't let them go to parties where there's going to be alcohol** - talk to the parents of your child's friend to make sure they will be supervising and if they allow alcohol.
- **Be aware of what is in your home** - if you have a stocked liquor cabinet or a medicine cabinet filled with prescription pills, be aware of how much is there. Double check every so often and beware of drastic decrease. You may also want to consider locking these substance in a safe place.
- **Talk to your kids** - they think they know what is going on but sometimes they do not have all the facts. Talk to them and make them aware of the true dangers of drugs and alcohol. The more comfortable and open you are, the more likely you are to know if your kids are getting into trouble with drugs and alcohol

**Source: Substance Abuse and Mental Health Services Administration (SAMHSA)
Shared by the Courage to Speak Foundation**