

when it  
comes to  
checking in  
with your  
teen...



You might think that as your teen gets older they need less supervision, but really they need more! Teens need adults to set limits and know where they are and who they're with. Here is a checklist of things you can do that will help your teen learn to be independent—and safe.

## Ideas That Have Helped Some Families:

- Know your teens' friends and their parents or caregivers and their phone numbers.
- Be sure parties and gatherings are supervised.
- Make rules about transportation.
  - No texting & driving.
  - No riding with an unsafe driver.
  - Know who they're riding with.
  - No alcohol/drugs & driving or riding.
  - Always wear a seatbelt.
  - No passengers in the back of the truck.
  - Set limits about curfews and where your teen may or may not go.
- Consistently enforce the rules you make with your teen.
- Don't just punish broken rules, show your appreciation and approval for the things your teen does right, too.

Keep checking in with your teen.

This message is brought to you by the Connect program.

don't  
check  
out.







family

connection

matters

# Teens do better when they feel connected to their family.

## Being connected:

- Contributes to good performance in school.
- Protects teens from using drugs and alcohol.
- And, the more connections the better, extended family members are important!

## Ideas that have helped some families CONNECT:

- **Care** – express positive feelings about each other
- **Open** – be open and honest with each other
- **Notice** – pay attention to each other
- **Navigate** – help guide each other through difficult times
- **Explore** – start new family activities together
- **Collaborate** – work together to accomplish goals
- **Team spirit** – have fun together

## Help keep your teens safe and healthy by listening and Connecting!

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your  
connection  
makes a  
difference



connect





It's  
time  
to  
celebrate...

Prom and graduation are great times to Connect with friends and family. However, sometimes, they can be risky times:

- Teens are more likely to drink after prom and graduation.
- Alcohol-involved car crashes increase.
- And teens are more likely to engage in risky sexual activities.

Tips on Connecting with your teen:

- Talk to your teen about their plans and discuss your concerns.
- Discuss the dangers of drinking, drinking and driving, and drinking and unwanted sex.
- Remind them of your family rules.
- Host or help plan a supervised, safe and fun event.
- Make sure your teen has a safe ride home and let them know they can call you anytime if they feel uncomfortable.
- Set a reasonable curfew.
- Never provide alcohol to youth under 21 or allow them to drink on your property. You could face fines, criminal penalties, and even jail time for providing alcohol or a place to drink to minors.

Help teens make positive memories that will last a lifetime by listening and Connecting!!

This message brought to you by the Connect program.

...and  
time  
to  
Connect!







connect  
to keep  
teens safe  
& healthy



## Did you know?

### In Oklahoma:

- Over 33% of high school students said they drank alcohol in the past month
- Over 21% of high school students said they drank 5 or more drinks of alcohol in row in the past month
- Over 17% of high school students have ridden with a driver who had been drinking alcohol in the past month
- 36% of high school students said they are sexually active and 17% of those students had alcohol or drugs before their last sexual encounter

## Problems with Teen Alcohol Use

- Doing poorly in school
- Early or unwanted sexual activity (such as causing pregnancy or sexually transmitted diseases)
- Getting in car crashes
- Being involved in or being a victim of violence
- Self-harm and suicide
- Dying of alcohol poisoning
- Short- and long-term effects on brain functioning and development

## Tips to Help Connect with Teens

- **Connect, Talk, Hangout Together**  
Take time to be with teens.
- **Don't Judge**  
Let teens know that you accept and respect their feelings.
- **Show Support**  
Listen and let them know that what they say is important.
- **Encourage Goals**  
Ask about their goals and let them know you care about their plans.

Help keep the teens in your community  
safe and healthy by listening and connecting!

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Be part of the solution...

## Did you know...

The most common places for teen to get and use alcohol are:

- Home
- Friends' homes
- Older brothers and sisters or other family members
- Older friends
- Unsupervised parties

This is why it's important for you to make sure that alcohol is not easy for your teen or their friends to get.

## What can you do?

- Lock up and monitor the inventory of alcohol at home
- Tell older brothers and sisters and other family members not to give alcohol to younger family members
- Know your teen's friends and their parents or caregivers
- Know where your teen will be and what he/she will be doing when they leave the house
- Make sure that teen parties are supervised by adults
- Make sure that there will not be alcohol at teen parties

Keep *Connecting* with your teen  
to help keep them safe and healthy.

This message brought to you by the Connect program.

prevent  
teen  
access to  
alcohol.





have  
the  
small  
talks,

When adults and teens can talk about the small things, it lays the groundwork for talking about the BIG things, like alcohol use, smoking, depression, as well as dating and sex.

## Ideas That Have Helped Some Families:

- Notice when your teen is most likely to talk—bedtime, before dinner, in the car—and be available
- Start conversations by sharing what you've been thinking about, rather than starting with a question
- Listen to and discuss their opinions, even if they're difficult to hear
- Soften strong reactions—try not to lecture, criticize or say hurtful things
- Talk about the school day
- Find time each week for a one-on-one activity with your teen
- Eat meals together
- Do chores together
- Do fun activities together, such as going to a football game or a movie
- Exercise together
- Work on homework together
- Learn about your teen's interests and show interest in them

Start the conversations—  
it lets your teen know you care.

This message brought to you by the Connect program.

before  
the  
big  
talk.

