



Keeping Your Teen Safe from Alcohol

“What can I do if my child is going to a party and there is alcohol?” This is one of the questions I am frequently asked. Keeping your teen safe from alcohol can be challenging and worrisome. Parents want to know what effective parenting looks like when it comes to alcohol and drug use.

Look to Your History

What type of relationship have you personally had in relation to alcohol? A person who grew up in a religious family and didn't drink until age 21 or later is likely to have a different perspective than someone who was a 'wild child'. These two groups may seem at opposite ends in their beliefs. They may speak to their children differently about alcohol use; they may have different expectations about alcohol use.

Define a Successful Life

Despite different approaches, nearly all parents have goals for their children to be healthy and lead successful lives. Your list may be different, but probably includes your child being happy and having a good paying job. A college degree and a healthy relationship are also parts of many parents' wish lists for their children. These outcomes are more likely to happen when parents are able to focus on keeping their teens safe.

How to Keep Your Teen Safe from Alcohol (and Other Challenges)

This list of parenting “dos and don’ts” will help give your teen the best chance of success during the teen years. Knowing simple parenting strategies is an essential component of keeping your teen safe from alcohol as well as other dangerous situations. Being a “perfect parent” doesn’t mean that your teen will behave exactly how you want all the time.

DOS OF PARENTING TEENAGERS:

1. Educate yourself about your teen’s life and the [changes in drug use](#) since you were a teenager.
2. Promote involvement in organized [activities](#), even when your teen isn’t a star.
3. Recognize which [friends](#) are healthy and which are troubled.
4. Set [expectations](#) and rules that are reasonable.
5. Be an example of a healthy relationship with alcohol and other drugs.
6. Get your child help for any [problem](#) you notice, without waiting because you believe it is just ‘kidstuff.’

DON'TS OF PARENTING TEENAGERS:

1. Don’t think that their problems will magically go away.
2. Don’t pretend that your child is telling you the truth when you know in your heart they are lying.
3. Don’t let your [anger](#) cloud your judgement.
4. Don’t encourage your child to continue relationships with [drug-using friends](#).
5. Don’t allow setbacks to define the situation.
6. Don’t support their bad habits by continuing to finance their destructive behaviors.

Although each person will parent differently, we all want the best for our children. If you find that your teen’s substance use is interfering with keeping your teen safe, give ASAP a call at 513-792-1272. We can [help](#).