

## Do you know who your kids are with? Are you sure?

### The Importance of Monitoring

Monitoring is an effective way you can help your tween or teen stay drug-free. While kids may complain that parents “don’t trust them” or are being unreasonable, there is security in knowing that parents care enough to ask.

Monitoring involves allowing independence, but still knowing:

- Where youth are
- Who youth are with
- What youth are doing

#### Talk about it...

Have conversations often about your expectations for your child. Make sure you clearly communicate what you expect when it comes to drinking alcohol and using drugs.



### Monitoring Tips

- Require them to check in by phone
- Occasionally drop in unannounced to make sure they are safe
- Ask details before and after they “go out”
- Talk to their friends and their friends’ parents often
- Stay in tune with their mood and behavior
- Prepare your youth to handle emergency situations



**HELPFUL WEBSITES  
FOR PARENTS**  
[drugfree.org](http://drugfree.org)  
[parenting.org](http://parenting.org)  
[abovetheinfluence.com](http://abovetheinfluence.com)  
[theantidrug.com](http://theantidrug.com)  
[parentingisprevention.org](http://parentingisprevention.org)  
[drugfreeamerica.org](http://drugfreeamerica.org)

**GET INVOLVED!**

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