



**For Immediate Release
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SAFE, Inc. Asks: What is the criterion for raising Healthy Teens?
Parent Help for Navigating the Teen Years

If you have a teen in your life, you have most likely worried about the potential risks they are faced with. SAFE, Inc. knows the dangers that alcohol, tobacco, and illicit drug use can have on your teen's life. Perhaps more worrisome may be talking to your teen about these tough topics.

The reality is teens need parental guidance more than ever. The 2010 Bach-Harrison Prevention Needs Assessment indicated that underage alcohol, tobacco, and illicit drug use is a serious problem in Glen Cove. A research tool designed to measure the risks faced by youth and teens in our community, this survey was administered to students grades 6,8,10 & 12. The results revealed that the rates reported for using alcohol are above national norms, with 25% of students reporting taking part in binge drinking. Students reported a lower perception of risk for alcohol use along with a perception that "everyone is doing it", which may lead to internal pressure to be like "everyone" and use alcohol, tobacco, or other drugs. Most high school Seniors report that it is very easy for them to obtain alcohol and tobacco products and drinking and driving rates are as high as 20% among this grade level. Overall, students reported easier drug availability in 2010 compared to 2008.

However, a large percentage of students reported that their perception of their parent's disapproval of alcohol is high and many reported that they perceive tobacco use as high risk. Results such as these indicate that parental guidance can play a major role in their teen's opinions and choices when it comes to alcohol, tobacco, and other drugs.

Though it may seem as if your teen is not paying attention to your advice, don't be fooled – surveys show that teens expect (and even want) their parents to play an active role in their lives. While teens crave independence, they are inexperienced. When it comes to topics like alcohol, tobacco, and illicit drugs teens need guidance from their parents early on, before they receive guidance from less reputable sources - such a television, the internet, and their peers.

SAFE, Inc. is dedicated to helping parents talk to their teens about alcohol, tobacco, and illicit drug use. The following Tips can help in making it easier to talk to your teens about these difficult topics – and make your time spent more meaningful for both of you.

Spend Time Tuning In

Developing a close relationship with your teen is crucial to having open and honest communication. This open relationship will give you confidence is starting a discussion about alcohol, tobacco, and illicit drugs.

Provide Guidance

Rules and expectations are a teen's safety net. Discussing expectations also allows your teen to have a voice in the conversation, encouraging them to think more realistically. Be specific when it comes to rules about substance abuse.

Monitor Your Teens

Parenting a teen means staying up to date with their whereabouts. Don't be afraid to ask questions about all areas of your teen's life. Have a strict no drinking and driving policy and make sure your teen always has a way to reach you.

Be a Positive Role Model

Actions speak louder than words. Our teens learn the benefits of a healthy, substance-free lifestyle from your own actions. Set household rules about alcohol, tobacco, and illicit drugs and lead by example.

SAFE Inc. is committed to eliminating teen alcohol use in Glen Cove. Through a combination of prevention, education, and law enforcement efforts, SAFE Inc. combats the devastating effects that can result from underage drinking and drug use in order to build a safer Glen Cove.

For a copy of "Navigating the Teen Years: A Parent's Handbook for raising Healthy Teens" or additional anti-drug or parent resources, contact the SAFE office at (516) 676-2008 or visit www.TheAntiDrug.com. For more information regarding SAFE, Inc and the PRIDE Coalition, or to view SAFE Inc.'s Public Service Announcement, visit www.safeglencove.org.