

This program helps parents express their care in effective ways that maintain and improve communication with their children.

HOW FAMILIES BENEFIT:

After families use the program, parents will be able to:

1. **Identify risks** for health and behavior problems to which their children are exposed;
2. **Plan and implement** strategies to reduce those risks;
3. **Set family policies** on health and safety issues;
4. **Bond positively** with your children.

QUESTIONS:

When was the last time you and your teenager worked through an issue together?

Do you know what keeps teenagers safe and healthy?

Carroll County Health

Department

Please Contact :

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There is no charge, it's free! This program is sponsored by a grant from the Maryland Alcohol and Drug Abuse Administration

STAYING CONNECTED WITH YOUR TEEN

For families with teens...



Because it's not too late!

Staying Connected

Parents have significant influences over whether or not their teenagers smoke cigarettes, drink alcohol, use marijuana, engage in early sexual activity, violent behavior, or attempt suicide. A national report ("Protecting Adolescents from Harm; Findings from the National Longitudinal Study on Adolescent Health," Journal of the American Medical Association, September 10, 1997) stated "...when teens feel connected to their families and when parents are involved in their children's lives, teens are protected."

What does this mean for parents? For many, it validates what they've known all along: it's important to be involved in children's lives. As children approach the teen years, their parents need to let loose without letting go. Give teens some space to express their individuality, but maintain strong relationships with them.

WORKING WITH YOUR TEEN:

This program was developed to help all families with teenager's increase the chances that teens will grow up healthy and avoid the risks for drug abuse, violence and other problems.

So, whether teenagers are at "low-risk", "high-risk", or something in between, this program can help them and their families reduce those risks

RESEARCH:

Staying Connected With Your Teen is based on the research of Drs. J. David Hawkins and Richard F. Catalano, professors of Social Work, directors of the Social Development Research Group at the University of Washington.

Their studies include what puts young people at risk for health and behavior problems such as substance abuse, delinquency, teen pregnancy, AIDS, and violence. They've also been studying what protects young people from risks, such as having healthy beliefs and clear standards for behavior and bonding to pro-social groups.

AGREEMENTS FOR PARTICIPANT:

Parents and Teenagers Attend Together and agree to stay the entire five weeks. You don't have to talk if you don't want to, but you do have to listen.

To attend this educational group contact Linda Auerback in the Prevention Office for the next scheduled meeting. This class meets requirements from DJS and Pupil Services.

