

The program includes units that address:

1. **Roles:** How your role as a parent changes as your child moves through the teen years
2. **Risks:** How to recognize risk factors that can make your teen more likely to abuse alcohol and other drugs
3. **Protection:** How to protect your teen from risks by setting and maintaining clear guidelines and keeping family bonds strong
4. **Tools:** How to use “tools for parents” to work with your family to solve problems
5. **Involvement:** How to give your teen opportunities to become meaningfully involved in the family, the school, and the community
6. **Policies:** How to establish family policies for your teen on health and safety issues
7. **Supervision:** How to support your teen in resisting negative peer influences

**Carroll County
Health Department**

**Please contact:
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FREE PROGRAM

This program is sponsored by a grant from the Behavioral Health Administration and by a grant from the Maryland State Department of Education

**STAYING CONNECTED
WITH YOUR TEEN**

For families with teens....



Parents have a significant influence in their children’s decisions to experiment with alcohol and other drugs.

When parents create supportive and nurturing environments, children make better decisions.

STAYING CONNECTED

The Staying Connected with Your Teen® program is a proven-effective, science-based series of video- and workshop-based modules that get parents and teens working together to enhance communication and family management practices and decrease conflict.

The goal of the Staying Connected with Your Teen program is to prevent problem behaviors among teens by helping parents acquire or improve a variety of key parenting skills and techniques.

The program shows parents how to improve their family management practices and strengthen the bonds between them and their children, resulting in substance abuse prevention, violence prevention, and positive character development.

In order for young people to develop healthy behaviors, adults must communicate healthy beliefs and clear standards for behavior to young people.

WORKING WITH YOUR TEEN:

Staying Connected with Your Teen is an interactive workbook and video program. Some activities are just for parents and some activities are for parents and teens to do together. Each of the activities builds skills that contribute toward achieving both overall and specific program goals.

Whether teens are at “low-risk”, “high-risk”, or something in between, this program gives parent tools to reduce risks and increase protection.

RESEARCH:

Research in the field of prevention science has found that the most effective methods for promoting positive youth development and preventing problem behaviors involve addressing both risk and protective factors.

The Office of Juvenile Justice and Delinquency Prevention has rated the Staying Connected with Your Teen program effective in reducing favorable attitudes about substance abuse, initiation of substance abuse or sex, and violent behavior.

AGREEMENT FOR PARTICIPANTS:

Parents and Teenagers Attend Together and agree to attend every session for the entire four weeks.

HOW CAN I SIGN UP?

Please contact Linda Auerback at the Carroll County Health Department at 410-876-4803 to learn more.

