

# Parent advisory

## Parents as role models

Contrary to popular belief, teens do look to their parents as role models for use of alcohol and other substances.

Be aware: **Home** is the number one place where youth get alcohol and prescription drugs. Parents need to store alcohol, prescription and non-prescription medications in a safe manner. Be sure to dispose of unused medications safely.

Youth who receive **consistent rules and consequences** are less likely to engage in risky activities, such as alcohol and drug use. Setting family rules together empowers kids to control their own behaviour.

For more information on talking to your teens about substance abuse go to:  
[www.camh.net](http://www.camh.net)  
[www.drugprevention.gc.ca](http://www.drugprevention.gc.ca)



Eastern Region Injury Network /  
Réseau de l'est de l'Ontario pour  
la prévention des traumatismes

Eastern Ontario Substance Abuse  
Prevention Partnership



25 Johnston St.,  
Smiths Falls, ON K7A 0A4  
(613) 283-2740 or  
1-800-660-5853

talk

310-669-0909  
Ontario Drug Awareness Partnership

### Communication tips

Tips for talking to your teens about substance use.

**T**

Teach by setting a good example.

**A**

Ask questions and be involved with your teen's life.

**L**

Listen to your teen's opinions and concerns about drugs and alcohol.

**K**

Know the facts.

Visit Health Canada's Youth Drug Prevention for Parents Web site:

[www.drugprevention.gc.ca](http://www.drugprevention.gc.ca)