



'PERFECT' PARENT MYTH

THE REALITY OF RAISING TEENS

Some parents feel pressure to fit in and compare themselves with other parents on several levels. This can include household income, rules about parties and curfew, and their child's academic achievements and activities. The list can be long. Sometimes the pressure comes from other parents, and sometimes it comes from your kids who say their friends' parents allow certain things that you don't. It can add up to guilt.

4 IDEAS FOR PARENTS WHO FEEL PEER PRESSURE OR KID BACKLASH

- 1. Parents may get upset about teens coming in past curfew. Have a conversation about caring too much to allow risky behaviors without consequences.** Calmly explain—if your teen's temper flares—this is what a parent's role is and what a parent's love looks like.
- 2. Teens can become embarrassed by parents who talk with their friends' parents about monitoring to prevent drinking.** Explain how talking with parents is you being a friendly and conscientious parent who wants to connect with the people in their life. To be increasingly entrusted with independence, your teen has to stay accountable and heck-in with parents.
- 3. While teen independence increases throughout high school, parents are still the authority figure.** Take the time to talk with your kids about expectations. Set clear boundaries for them when you are not home.
- 4. Talk with your teen about how some teens might be allowed to drink before they go to college.** Discuss that while some believe this is a safe practice, a six-year study of 1,927 youth age 12 to 18 years published in *The Lancet Public Health* in 2018 strongly suggested otherwise. Parental supply of alcohol to adolescents does not protect against future alcohol-related harm and might increase risk.



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The reality of raising teens
- 2 YOUTH CONNECTIONS MAGAZINE FOR PARENTS**
Helping your teen finish strong
- 3 PARENTAL MONITORING**
Statistics on consistency

RESOURCES FOR YOU

- Surgeon General
- National Institute on Alcohol Abuse and Alcoholism
- Substance Abuse and Mental Health Services Administration
- Centers for Disease Control and Prevention
- National Institute on Drug Abuse

IN PARTNERSHIP WITH

The Power of Choice is a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, KidsMatter and District 203 and 204 Parents. Survey and data analysis provided by Center for Prevention Research and Development (CPRD) at the University of Illinois.

POWER OF CHOICE CONTACT

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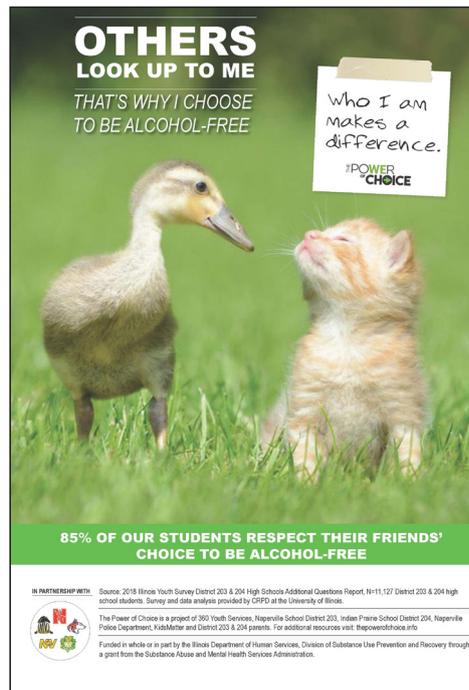




Youth Connections Magazine for Parents

Spring is in the air, the sun is shining, the days are getting longer. The thoughts of teen brains seem to have drifted out the window, far away from the classroom. To finish strong as the school year closes, parents can read more about what to do in the consistency department. Click [here](#) to read the Spring issue of YC Magazine!

The latest poster is live in schools! During focus groups, students from both school districts 203 & 204 said one reason they choose to be alcohol-free is because they know others look up to them.



Connect with us on social media!



D203 & 204 High School Student Statistics

PARENTAL MONITORING.
SOURCE: 2018 IYS*

- 73% of teens report, "When I am not at home, one of my parents/guardians always or most of the time knows where I am and who I am with."
- 74% of teens report, "My parents/guardians would know, always or most of the time, if I did not come home on time."
- 86% of teens report, "My family has clear rules about alcohol and drug use."

*2018 Illinois Youth Survey District 203 & 204 High Schools, N=11,127 District 203 and 204 high school students. Survey and data analysis provided by Center for Prevention Research & Development at the University of Illinois.

High school students make healthy choices every day but it doesn't make the headlines. Yet, the research is showing that maybe it should. The number of local alcohol-free teens is growing, and is higher than the county and state levels.

THE POWER OF CHOICE

The growing number of teens who refuse alcohol when faced with the choice seems to be related to increased awareness and support for the healthy choices most of our high school students are making.



Connections students delivered Power of Choice taffy and Naperville Police Department volunteers visited with students in Naperville North High School cafeteria.