

## Tips to Keep Setting Boundaries and Having Family Communication:

- Keep talking as a family. Continue being open and honest with your teen. Help make them feel comfortable to be the same with you.
- Keep being present. Showing up for your child's important moments, big or small, helps show them you're invested in their life.
- Keep supporting them in the ups and downs. Your encouragement helps promote their mental health and positive behaviors.
- Keep setting clear and realistic expectations for your child's behavior. It's equally important to consistently enforce the family rules.

### Family Communication Opportunity Checklist:

- Take a walk together
- Have a family dinner
- Play a board game
- Play a sport outside

The Power of Choice is a campaign supporting students, schools, and parents, focused on building resiliency and providing education to increase the number of students making healthy choices regarding substance use.

Resources for you and your teen: [thepowerofchoice.info](http://thepowerofchoice.info)

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THEY'RE STILL GROWING UP

# Keep Showing Up

YOU HELPED YOUR CHILD LEARN TO BE SOCIAL.  
HELP YOUR TEEN FEEL COMFORTABLE SAYING NO  
TO UNDERAGE ALCOHOL USE AND VAPING.

# Discuss the Health and Safety Risks of Underage Alcohol Use and Vaping



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## Facts you can use to keep having short but frequent talks:

- Alcohol impairs judgment and can lead to poor decisions about engaging in risky behaviors that put one's self and others at risk.
- Teen brains are more vulnerable to alcohol because research shows that the brain isn't fully developed until the mid-twenties.
- Underage drinking increases the risk of alcohol problems later in life.
- E-cigarettes are used to inhale nicotine and marijuana.
- Nicotine is addictive and can harm youth brain development— affecting attention, learning, mood, and impulse control.
- Vapes contain harmful chemicals, metals, and ultrafine particles.
- Most teens are substance-free per the Illinois Youth Survey data.

**Sometimes substance use is a symptom of another challenge your child is facing. Support for any underlying issue can strengthen wellness and promote healthier behaviors.**

*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 Students and Parents.*

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