

MONTHLY PARENTING TIP FROM ACFC

February 2009



Prevention Strategies to Reduce Risky Behavior

Take advantage of this unique opportunity to learn more about proven strategies to reduce risky behavior and other ways to develop courage, responsibility and character in your children by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered FREE to CWA represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can be purchased at a discounted rate for non-CWA represented employees.

Visit ww.ACFCcares.com and click on the Active Parenting link for more information and to register for the next available class.



Fitting the Pieces of Your Life Together!



Preventing your teen or pre-teen from becoming involved with drugs, sexuality, and violence is one of the greatest gifts you can give. The chances of your child remaining safe improves as your knowledge, skills, and involvement improve. There are ten prevention strategies you can use to help reduce the chance of your child becoming involved in risky behavior. We will focus on the first five this month.

- Be a positive role model and teacher of values.
What you do is a much stronger indicator of your values than what you say. Ask yourself: What do I model for my teen through my behavior? Do I “walk my talk”?
- Educate your teen about the risks of drugs, sexuality, and violence.
It is important for you to be a part of your teen’s education on these subjects. Use articles, books, and videos to help you present the information with knowledgeable authority.
- Filter OUT the negative and IN the positive influences.
There are times when parents need to GET IN THE WAY to filter out harmful events before they influence their teen. Being familiar with the media your teen uses, and getting to know your teen’s friends are two ways to act as filters. Making sure your teen has contact with positive role models and activities are a few ways to filter in positive influences.
- Establish clear guidelines for behavior.
Be clear that some behaviors are off limits and take the time to agree on clear guidelines with your teen so they will know the consequences for violating these guidelines. If your teen breaks a guideline, it’s important to specify how they can earn back your trust.
- Monitor and supervise teen behavior.
Research clearly shows that positive parental involvement is a key factor in preventing delinquency, drug use, school failure, pregnancy, crime, and a host of other teen problems. Parents must be willing and able to provide safe limits on their teens’ freedom until they are capable of establishing these limits on their own. Know where your teen is and who they’re with.

Check back next month to learn five more prevention strategies to reduce risky behavior in your teen or pre-teen.