



Prevention Strategies for Parents—Part 3

If you've watched the Active Parenting of Teens videos available in the Online Video Library, then you've learned about the need to instill qualities in our teens so they will be able to make good decisions by themselves when challenged to do so. You've also learned about the importance of moving teens into success cycles so they can use their best thinking, feeling and doing to meet challenges and the importance of allowing teens to learn the natural consequences of their actions. Even so, there are still times when parents should "get in the way." The goal is not to censor every negative influence that your teen may experience, but to limit them while at the same time help your teen put them into proper perspective. Parents should aim to "filter out" events that are dangerous or likely to promote beliefs or values that are harmful, while they "filter in" positive events that can help build character and lead to a success cycle.

FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:** For parents of children from birth to age 5
- **Active Parenting 4th ED:** For parents of children ages 5 to 12
- **Active Parenting of Teens:** For parents of preteens and teens
- **Crossroads of Parenting & Divorce:** For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccares.com) for more information and to start your Active Parenting journey today.

Ways to Filter OUT Negative Influences

- **Become familiar with media your teen uses—and agree on reasonable usage guidelines.**
- **Watch some of what your teen watches and discuss the messages presented.**
- **Learn to use parental controls and usage trackers provided by your TV and Internet providers and other methods of monitoring what your teen is accessing online.**
- **If possible, keep computers in public areas of the home where you can easily check to be sure only sites that are suitable are being visited.**
- **Talk with the parents of your teen's friends and agree on what your teens can access while at each other's homes.**
- **Set and enforce reasonable curfews.**
- **Know where your teen is and have them check in periodically.**

Ways to Filter IN Positive Influences

- **Make sure your teen has positive contact with other adult mentors, such as sports coaches, teachers, relatives and spiritual youth group leaders.**
- **Plan some one-on-one outings with your teen, where they feel relaxed and at ease talking with you about personal issues or problems they may be experiencing.**
- **Help get your teen involved with a group of positive peers—ones who reject tobacco, alcohol, drugs and violence.**
- **Keep books, music and movies that portray positive role models and lessons available.**

Whether you are filtering out negative influences or filtering in positive ones, it's important to be subtle with your teen. If they feel you are pressuring them or trying to control them, they are likely to rebel. Let them know you are on their side.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the [ACFC website](https://www.acfccares.com), click on the Active Parenting tab, and follow the instructions on how to view the videos.