



## Prevention Strategies for Parents—Part 10

Despite a parent's best efforts, a crisis may occur that involves your teen. Whether the crisis is a drug overdose, a suicide attempt, pregnancy, or the discovery that your teen has committed a crime or been the victim of one, your calm handling of the situation can make all the difference. Keep the following issues in mind as you manage the crisis.

First, stay calm. Do not blow up or give up. A crisis is not the end of the world, just a larger, more pressing problem. Flying into a rage because your teen has violated your values may drive a wedge between the two of you. Instead, recognize that teens make mistakes, and that your teen needs your support now more than ever. You can discuss differences in beliefs after the crisis has been handled.

Many people are not aware of the resources available in every community and for every budget. Professionals are available immediately by phone (hot lines), while others are skilled at helping resolve problems after the immediate danger has passed. You can find help by calling your pediatrician or a local mental health center, or by contacting your EAP provider.

### Manage your own feelings.

Be aware that you may feel overwhelming guilt if your teen reaches a crisis. You may have made mistakes in your parenting (we all have), but remember that it is your teens who are ultimately responsible for their choices. Feeling guilty will only make it harder for you to handle the situation effectively.

A more useful feeling is *resolve*: resolve that you will do what you can to handle the problem effectively and to learn from the experience so you can help prevent such problems in the future. It will help to keep in mind that although you are the most important influence in your teen's life, you are not the only influence.

This brings us to the end of our Ten Strategies for Parents. Each of these strategies is a powerful parenting tool, and when you use them together, you'll be doing your best to prevent you teen from getting involved with risky behavior.

Be sure to take advantage of the free Active Parenting of Teens Online Class and the Active Parenting Online Video Library to learn even more ways you can be the best parent you can. Do this for your kids and yourself.

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**, click on the Active Parenting tab, and follow the instructions on how to view the videos.

### 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.

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