

# KEYS TO YOUTH WELLNESS AND SAFETY

## Monitor Activities

Know your child's whereabouts, set curfews and call ahead to friends' houses to ensure a responsible adult will be present.

## Communicate

Discuss your expectations with your child, their friends and their friends' parents—no alcohol, no tobacco, no drugs, no way.

## Set Limits

Provide consequences at home for behaviors and decisions that have put your child or others at risk.

For more information about youth issues contact  
Communities for Alcohol- and Drug-free Youth  
**CADY 536-9793**

## STOP

take an inventory of your child's well-being, activities and sense of self.

## LOOK

at who your child spends time with and what influences s/he is exposed to.

## LISTEN

to him or her. Talk often.

## CALL

for advice, support, and assistance.

## Discuss Risks

Inform your child of the physical harm, dependency, and legal costs, as well as the effects on financial aid, future employment and relationships which drug use or underage drinking may cause.

## Offer Alternatives

Positive activities keep your child out of trouble. Enlist youth centers, arts programs, academic enrichment and outdoor activities.

## Show Respect

*Let your child know you trust them to make good decisions and are available—no matter what.*

Take the time. Show interest. Ask questions. Trust your instincts. Ask for help.  
To be a **SAFE HOME** visit [www.cadyinc.org](http://www.cadyinc.org)

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