



Evaluate Yourself!



Here are a few questions and statements to make you think about your parenting style, values, and skills:

- ✓ Be an involved parent and ask questions, let them know you are asking because you care.
- ✓ Do you provide your children encouragement for positive behavior on a daily basis?
- ✓ Do you spend time to communicate with your teens about problems and issues in their life?
- ✓ Do you negotiate issues with your teens calmly?
- ✓ If you suspect your teen of doing something wrong, would you talk to them or let it slide with an “I don’t want to know” attitude?
- ✓ Are you willing to put your child at risk for their own popularity?
- ✓ Does your parenting style differ from your parents’ parenting style?
- ✓ How many times a week do you have a meal with your son or daughter?
- ✓ What do you have in common with your teen?
- ✓ How has your attitude towards drugs and alcohol changed over the years?
- ✓ What are the current patterns of behavior at home as it relates to your drug and alcohol use?
- ✓ Do you properly dispose of drugs that are no longer needed?
- ✓ Do you give your teen possessions in lieu of spending time with him or her?





Evaluate Yourself!



Teens hosting parties- Do you:

- ✓ Set the ground rules with your teen before the party.
- ✓ Notify you neighbors that there will be a party.
- ✓ Notify the police when planning a large party.
- ✓ Plan to have plenty of food and non-alcoholic drinks on hand.
- ✓ Plan activities with your teen prior to the party.
- ✓ Limit party attendance and times.
- ✓ Avoid open house parties.
- ✓ Make sure a parent is home during the party.

Teens attending parties- Do you:

- ✓ Know where your teen will be. Obtain address and phone number.
- ✓ Be sure your teen knows when to be home.
- ✓ Know how your teen will get to and from the party.
- ✓ Contact the parents of the party giver to verify the occasion. Be sure that a parent will be present and certain that alcohol and drugs will not be permitted.
- ✓ Be aware or have your teen awaken you when she/he arrives home.

Research and Resources:

National Institute on Alcohol Abuse and Alcoholism:

- *Parenting Influences on Alcohol Abuse and Dependence*

<http://pubs.niaaa.nih.gov/publications/arh21-3/204.pdf>

- *Parenting to Prevent Childhood Alcohol Use*

<http://pubs.niaaa.nih.gov/publications/adolescentflyer/adolFlyer.pdf>

Buffalo County Public Health Department

<http://www.buffalocountypublichealth.com/>

Wisconsin Teen Alcohol Statistics

18.6% of Wisconsin High School students drank alcohol for the first time before the age 13

38.6% of Wisconsin High School students usually obtained the alcohol they drank by someone giving it to them

71.2% of Wisconsin High School students have ever had at least one drink of alcohol

Wisconsin, High School Youth Risk Behavior Survey, 2011

Developed and Adapted by Nash Weiss and Ann Denk, Mondovi High School Students, Buffalo County Partnership Council Members, 2013