



Raising a teenager today can be one of the most difficult, yet rewarding times in a parent's life. Below are ten crucial tips to help parents survive the teen years.

1. Show love, warmth, and interest in your teen.
2. Spend time together regularly.
3. Share your expectations about their behavior.
4. Set clear rules for safety and guidance.
5. Consistently enforce rules with consequences.
6. Keep track of your teen; know where they are going and who they are with.
7. Ask questions; get to know your teen's friends.
8. Praise your teen as often as possible.
9. Showing your teen respect is the easiest way to earn respect back.
10. Be a positive influence; set a good example, especially when it comes to substance use.

**GOOD NEWS! You do make a difference in your kid's life. Two thirds of kids say that losing their parents' respect is one of the main reasons they don't use drugs.**



*Federal, State, and/or County funding has been provided by the Oakland County Health Division – Office of Substance Abuse Services to support project costs.*