

# 5 Parental Monitoring Tips

*Adapted for Somali translation*

<b>Tip 1</b> <b>Limit Access</b>	<b>Tip 2</b> <b>Network</b>	<b>Tip 3</b> <b>Reinforce &amp; Enforce</b>	<b>Tip 4</b> <b>Check In Often</b>	<b>Tip 5</b> <b>Be Prepared</b>
<p>Keep harmful substances away from your kids. Toxic household chemicals include cleaning products, prescription drugs, and alcohol.</p> <p><b>Why?</b> Teens can misuse and abuse these substances.</p>	<p>Get to know your teen's friends, and their parents. Talk with other parents about your rules for your teen.</p> <p><b>Why?</b> Parents can work together to prevent dangerous behaviors. Share information about your teens' activities.</p>	<p>Before your teen goes out, remind him/her of your rules. Always enforce your rules.</p> <p><b>Why?</b> When parents believe a behavior is wrong, kids are less likely to drink.</p>	<p>Before your teen goes to a party, ask him/her if adults will be present, and confirm this with other parents.</p> <p><b>Why?</b> Engaging with your teen shows that you care about them, and that you care about their behavior.</p>	<p>Be awake at curfew time, and talk with your teen about his/her night. If you can't stay awake, set an alarm.</p> <p><b>Why?</b> Teens who believe their parents will catch them are less likely to break the rules.</p>



Adapted from Maine Office of Substance Abuse's 5 Parental Monitoring Tips, in collaboration with Minority Health Program of the City of Portland Public Health and Human Services.

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Parents can do a lot to create a safe environment for teens. Use these 5 Tips at home, and work with schools, businesses and law enforcement to keep the community safe.

What can you do at school?	What can you do in the community?
<p><i>When it comes to dangerous behavior, all kids are at risk. Parents, teachers, administrators and coaches can all influence teen behavior. Work with your teen's school to create a safer environment. Encourage your teen to make good choices. Here are some questions you can ask when you talk with your teen's school:</i></p> <ul style="list-style-type: none"><li>• Are risky behaviors like underage drinking and drug use important issues at school?</li><li>• What are the school policies about these behaviors?</li><li>• How do you hear about school rules?</li><li>• How does the school enforce the rules? What is the punishment for breaking these rules?</li><li>• Will the school help if they believe a teen is participating in dangerous activities? How?</li><li>• How can you help support and enforce school rules on risky behaviors?</li></ul>	<p><i>There are also things you can do in your community to help prevent dangerous teen behavior.</i></p> <ul style="list-style-type: none"><li>• Support businesses that offer fun, safe activities for kids and teens.</li><li>• Support the police when they enforce the law. It is illegal for other adults to give teens alcohol or other dangerous substances. It is also illegal for adults who are not relatives to allow drinking in their homes.</li><li>• Call the police if you know where teens are doing something illegal, or if you know where teens are getting alcohol, drugs, or other dangerous substances.</li><li>• Write to local newspapers about the importance of preventing dangerous activities such as underage drinking or drug use.</li><li>• Encourage other parents to use the parental monitoring tips!</li></ul>