Remember when the last day of school used to mean the first day of freedom? Once we become parents or grandparents, we tend to see the end of school differently. Who’s going to watch the kids? How can we keep them busy? How can we keep teens from the increased peer pressure that leads more to try drugs and alcohol over the summer months?

The National Youth Anti-Drug Media Campaign has some great tips for parents. (See www.theantidrug.com) Here are their tips for the S-U-M-M-E-R.

**S**et rules.
Have you set clear rules and let your teenager know that marijuana/pakalolo use is unacceptable? Two thirds of kids say that upsetting their parents or losing the respect of family and friends is one of the main reasons they don’t smoke marijuana or use other drugs. Set limits with clear consequences for breaking them; praise and reward good behavior.

**U**nderstand and communicate.
Have you talked to your child recently about the harmful physical, mental, and social effects of marijuana and other illicit drugs on young users? Young people who learn about the risks of drugs at home are up to 50 percent less likely to try drugs than their peers who learn nothing from their parents. Look for teachable moments in everyday life to keep the conversation ongoing.

**M**onitor your teen’s activities and behaviors.
Have you checked to see where your teenager is, who he/she is with, and what he/she is doing? Teenagers who are not regularly monitored by their parents are four times more likely to use drugs. Check up to make sure they are where they say they are.

**M**ake sure you stay involved in your teen’s life.
Have you talked to your teenager’s coach, employer, and friends lately? Stay in touch with the adult supervisors of your child (camp counselors, coaches, employers) and have them inform you of any changes in your teen.

**E**ngage your teen in summer activities.
Have you helped plan activities to keep your child busy? Research shows that teenagers who are involved in constructive and adult supervised activities are less likely to use drugs.

**R**eserve time for family.
Have you planned a family activity with your teenager in the coming weeks, such as going to the movies, taking a walk, or sharing a meal? Teenagers who spend time, talk and have a close relationship with their parents are much less likely to drink, take drugs or have sexual intercourse.

**What is an Employee Assistance Program?**
The EAP provides confidential and professional assistance in order to resolve problems that affect employees’ personal lives or job performance. The services are free, voluntary, and confidential. You and your family members are eligible.

For more information, call us!
Call us at 543-8445 from Oahu
Neighbor Islands: (800) 994-3571
Central Office:
200 North Vineyard Blvd., Bldg. B
Honolulu, Hawaii 96817
Counselors Available on All Islands
www.worklifehawaii.org