

**KEEP
YOUR KIDS
SAFE!**

Teens think
it's easy to
find **alcohol**
and **drugs**.



Established in 2015, the mission of McK-UDOS is to prevent substance use among youth in McKinley Park of Chicago through building community partnerships, assessing the community's needs and resources, developing strategic plans, and implementing and evaluating the coalition's activities for awareness, advocacy, education, and sustainability.



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PARENTAL MONITORING

a guide to
preventing teen drug
and alcohol use

This flyer was developed in part under grant number
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WHAT IS PARENTAL MONITORING?

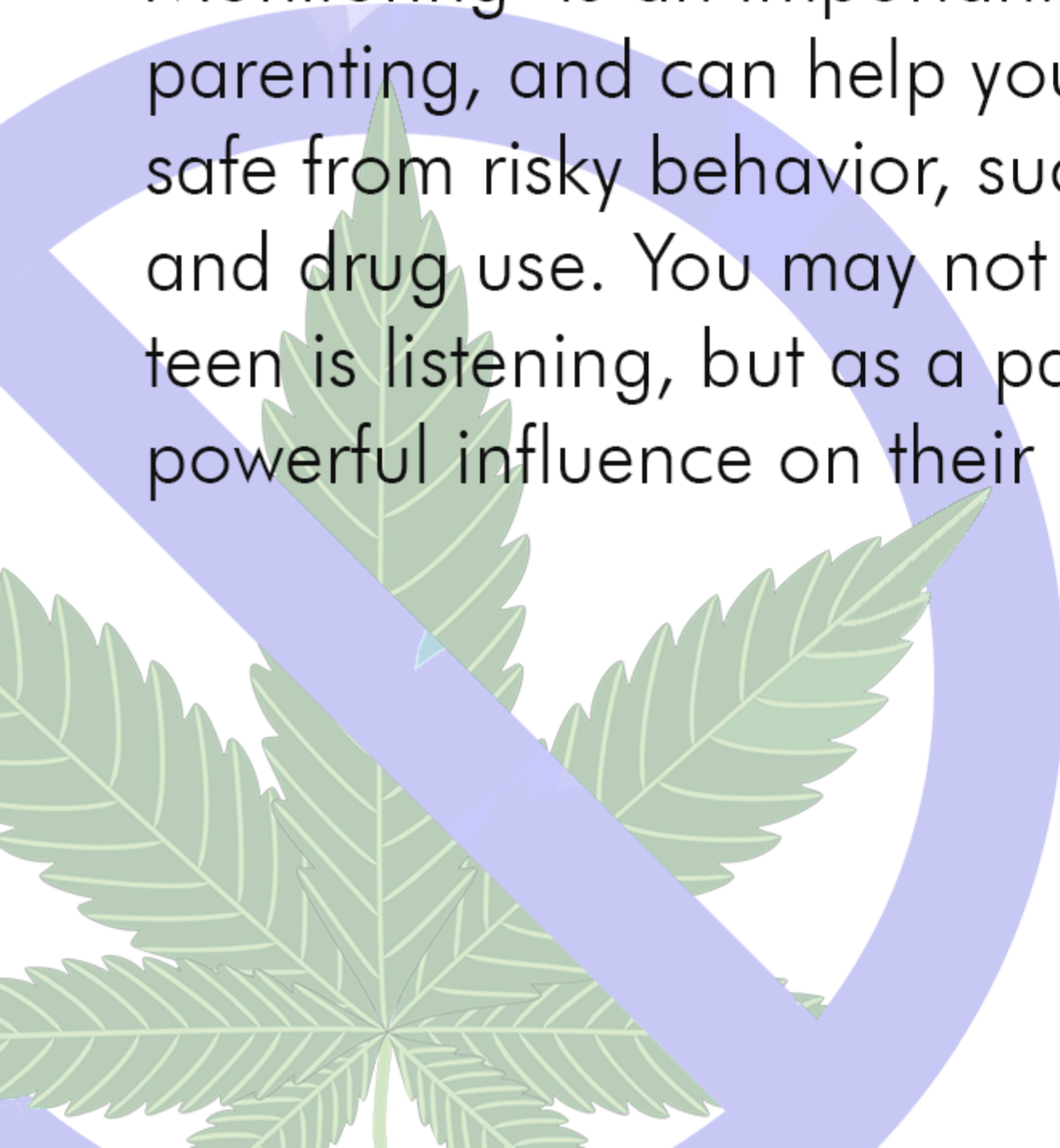
The teenage years are a time of exploration, independence, and risk-taking. **Monitoring your teen can help keep them safe.**

Parental monitoring involves laying out clear expectations, regularly checking in, and consistently enforcing rules with rewards and consequences.

WHEN PARENTS AREN'T ATTENTIVE, TEENS BELIEVE IT EASY TO GET DRUGS AND ALCOHOL.

Teens are aware when their parents are paying attention to what they do. Inattentiveness can encourage your teens to test the limits.

Monitoring is an important part of parenting, and can help your child keep safe from risky behavior, such as alcohol and drug use. You may not think your teen is listening, but as a parent, you have powerful influence on their behavior.



HOW SERIOUS IS THIS ISSUE?

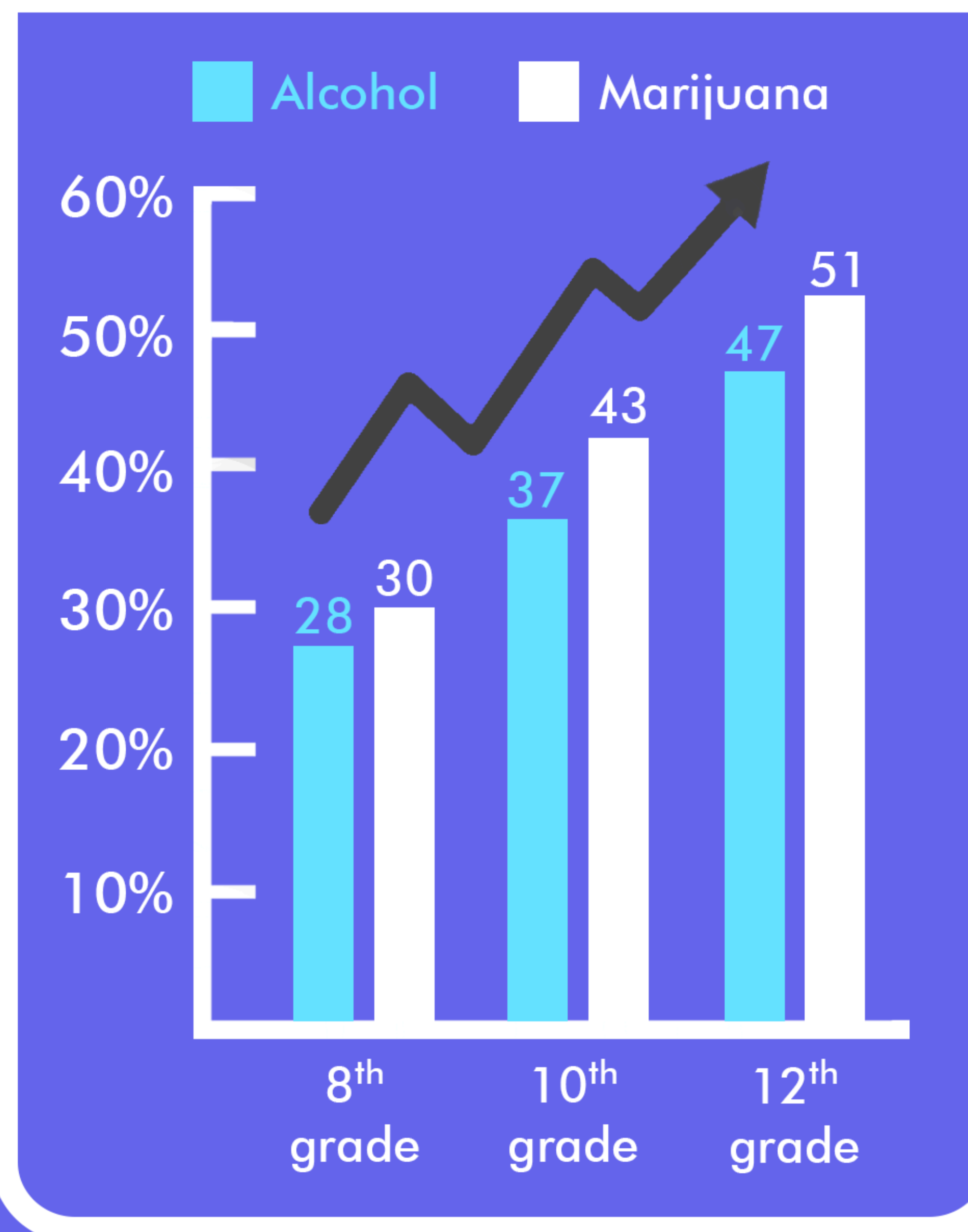
In 8th grade, about **35%** of students report that they would **never get caught** by their parents if they drank alcohol without their parents' permission.



By the time students get into high school, this number **nearly doubles to 60%**.



TEENS PERCEIVE THEY COULD EASILY ACCESS:



Data for both figures comes from the Illinois Youth Survey, 2016

HOW CAN YOU MONITOR SUCCESSFULLY?

Monitor your teen's cell phone usage

Ask family and friends for help with monitoring

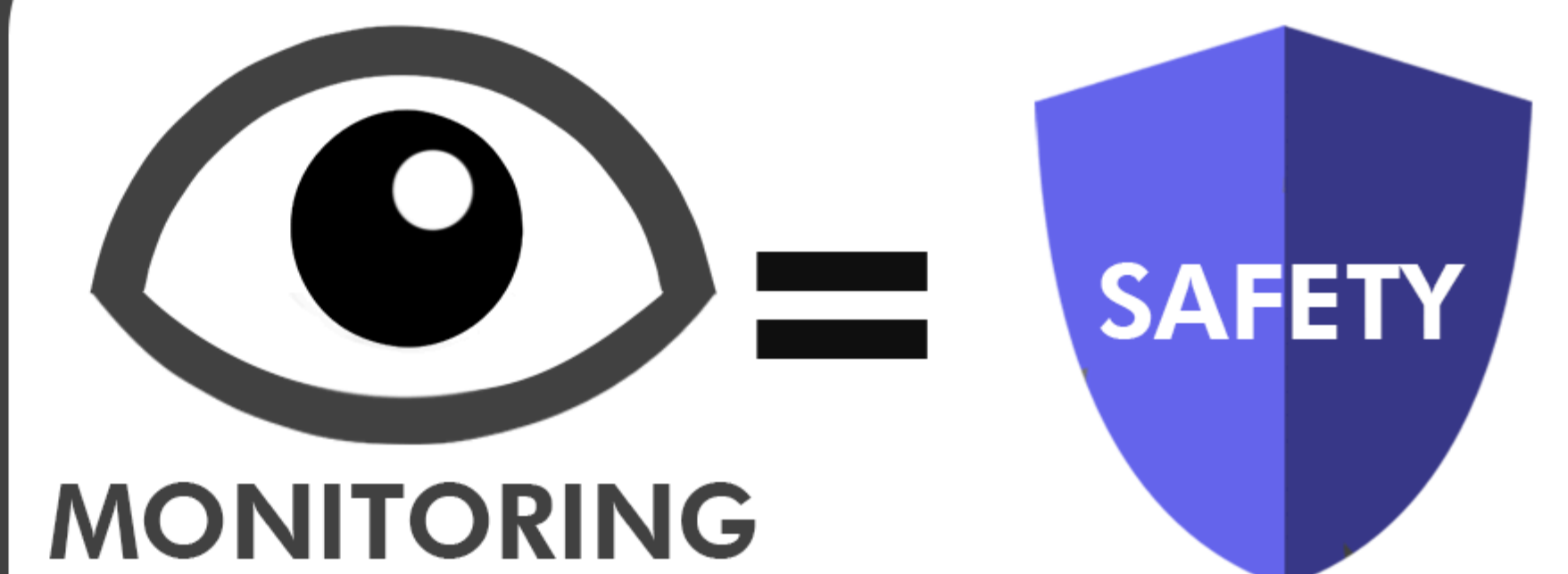
Know who your teen's friends are

Track the time that your kid spends online

Watch how your teen spends money

Ensure your teen knows how to contact you

REMEMBER!



MONITORING