



**Natick Together
for Youth**

RISKY BEHAVIOR; WHAT PARENTS CAN DO

Grade 4-6

- Review facts about alcohol and other drugs
- Know your child's friends and their parents
- Ask questions about supervision at homes they visit
- Try not to leave pre-teens in groups unsupervised and set limits regarding visitors at home when no adult is present
- Keep lines of communication open
- Require children to inform you of their whereabouts if they move from one location to another
- If your child has a cell phone, set clear expectations about use and responding to your calls and texts
- Encourage your child to participate and try new activities
- Talk to your child about your values regarding alcohol. Other drugs and sex
- Try to assess your child's knowledge about alcohol, other drugs and sex
- Be a role model

Grades 7-8

- Keep lines of communication open
- Talk to your child about the choices you make regarding alcohol
- Encourage community involvement
- Continue to reach out to your child's friends and their parents
- Make your home a comfortable place to hang out
- Learn about what goes on in the community with respect to drinking, drug usage and sexual activity
- Build your child's self confidence by acknowledging talents, accomplishments and positive character traits
- Be respectful of your child especially in front of their peers

Grades 9-12

- Encourage open discussion-ask open ended questions
- Focus on life skills such as problem-solving, coping with disappointments and stress managing relationships, communicating with adults
- Encourage healthy activities and interests
- Continue to check on adult supervision and whereabouts
- Be clear about expectations
- Talk about taking risks and risky behaviors
- **JOIN NATICK SAFE HOMES-WWW.NATICKTOGETHERFORYOUTH.ORG**

Visit: www.natickparentnetwork.org

WHY TEENS DO WHAT THEY DO

- Teens need opportunities to explore different areas of competence and success
- Physical activity as bodies grow and change and constructive outlets for energy
- Opportunities to test boundaries, their beliefs and values, relationships inside and outside the family; need for privacy and intimacy with peers
- Opportunities to explore and express themselves creatively through activities, arts, literature, music, drama, dress, makeup, piercings , tattoos and more
- Opportunities to know and interact with adults other than their parents
- Continued information, guidance, monitoring, advocacy and support
- Continued structure and limits that provide security and safety as they explore the world outside
- Opportunities to make meaningful contributions to their families, friends, and community
- Continues caring. Nurturing and understanding
- Appreciation and respect