



Sync with your teen to keep them healthy and substance free.



Enforce rules. Be consistent.

Talk with your teen about the consequences of substance use.



Be up and ready.

Wait up or set an alarm for curfew time. Talk with your teen about the night when they return home.



Share info with other parents.

Talk with other parents and share contact info. Tell parents that they can contact you if they have concerns about your teen.



Monitor and secure.

Keep track of any alcohol, marijuana or prescriptions in your home. Securely store them so teens cannot get them.

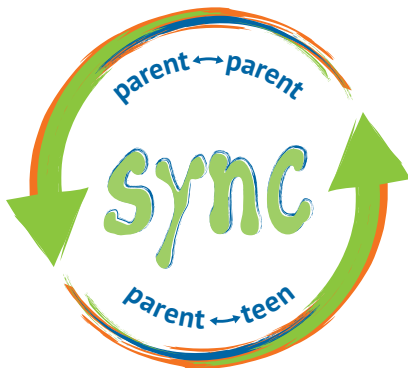


Check in often.

Ask your teen to call you at a set time when they go out so you can confirm where they are and how they are doing.

For more tips: [AccessHealthME.org](https://www.accesshealthme.org)

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Why it matters.

Teens are
7 times as likely to drink
if they don't think they will
be caught by their parents.

Teens are over
3 times as likely to use marijuana
if they don't believe their parents
think it's wrong.

(Data: 2017 Maine Integrated Youth Health Survey, grades 9-12)



Access Health is a comprehensive community health coalition, comprised of community partners working to improve health and well-being, as well as prevent chronic disease in Sagadahoc County, Brunswick, and Harpswell.