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Could your kids be at risk for substance abuse?



Families strive to find the best ways to raise their children to live happy, healthy, and productive lives. The following five questions highlight parenting skills that are important in preventing the initiation and progression of drug use among youth.

1. **Are you able to communicate calmly and clearly with your teenager regarding relationship problems?**
2. **Do you encourage positive behaviors in your teenager on a daily basis?**
3. **Are you able to negotiate emotional conflicts with your teenager and work toward a solution?**
4. **Are you able to calmly set limits when your teenager is defiant or disrespectful?**
5. **Do you monitor your teenager to assure that he or she does not spend too much unsupervised time with peers?**

****For each question, a video clip on the website below, shows positive and negative examples of the skill. ****

Source: <https://www.drugabuse.gov/family-checkup>

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