

# INFORMED. ENGAGED. CONNECTED.

## BECAUSE WESTBROOK PARENTS CARE

Even if you are not aware of it, your teen is likely around underage drinking and substance use.

### BE INFORMED

#### THESE MOST RECENT SURVEY RESULTS MIGHT SURPRISE YOU

Asked whether youth consumed more than a few sips of alcohol in the last 30 days:

**5%**

PARENTS SAID YES

**17%**

WESTBROOK TEENS SAID YES  
(SELF-REPORTED USE)

Asked whether youth used marijuana in the last 30 days:

**5%**

PARENTS SAID YES

**23%**

WESTBROOK TEENS SAID YES  
(SELF-REPORTED USE)

Asked whether youth took prescription medication that was not prescribed to them in the last 30 days:

**1%**

PARENTS SAID YES

**6%**

WESTBROOK TEENS SAID YES  
(SELF-REPORTED USE)

### BE ENGAGED

#### TIPS TO KEEP YOUR TEEN SAFE AND SUBSTANCE FREE

##### LIMIT ACCESS

If you have alcohol, marijuana, or prescription medications in your home, keep track of it, count it, and lock it up.

##### SET RULES

Create or enforce rules and expectations. Make sure rules are clear and communicated to youth. Consistent enforcement is vital.

##### CHECK IN OFTEN

Know where your teen will be. Ask for check-ins. Agree that phones will be on and answered, and they can call you to leave a situation if substances are present.

##### BE UP AND READY

Set a curfew and be awake when your teen comes home. Talk with them about their night, engage with them before they go to bed.

### BE CONNECTED

#### BUILD A NETWORK TO HELP YOUTH STAY SUBSTANCE FREE

Get to know parents of your teen's friends. Get cell phone numbers and addresses from them or from your child. Connect on social media.

Talk with them about your expectations regarding underage drug and alcohol use.

Follow up with parents to check in on your teen.

We know these conversations can be uncomfortable, make it clear you're talking about keeping teens safe and substance free.



##### FOR MORE INFORMATION

Email: [partnersforprevention@westbrookschoools.org](mailto:partnersforprevention@westbrookschoools.org)  
[www.westbrookpartnersforprevention.org](http://www.westbrookpartnersforprevention.org)

##### SUPPORTED BY

The Westbrook School Department and the Drug-Free Communities Support Program



##### DATA SOURCES

2019 Maine Integrated Youth Health Survey Data for Westbrook High School and the 2017 State of Maine Center for Disease Control and Prevention Parent Survey Report

