

Spring Break Tips

SET RULES - especially no alcohol or drugs

- Be clear and specific about your expectations and establish consequences for breaking the rules. Spring Break should not mean a break from responsibility.
- Talk candidly about the risks of drug use and drinking, including alcohol poisoning, violence, STIs (sexually transmitted infections) and sexual assault. Include a conversation about date rape drugs like Rohypnol and GHB. While usually coupled with alcoholic beverages, they can also be slipped into non-alcoholic drinks.

PREPARE your teen

- Give teens tips on how to protect themselves, such as using a buddy system (3 or more is best) to watch out for each other, and make them aware of the laws that apply in various areas of travel.
- Walk through different scenarios and discuss how to handle pressures, including offers of drugs or alcohol and other risky situations.

KEEP MONITORING and ask questions

- Know your teen's itinerary and where he/she is staying.
- If they are staying home, know how they are spending their unsupervised time.
- Ask questions. Require a daily check-in via cell phone and make sure your teen is reachable. Make sure to have cell phone numbers for your teen's friends and check in with them as necessary too.
- Network with and connect with other parents to confirm plans and coordinate ground rules.

Research shows that parents are a powerful deterrent to drug or alcohol use, even when teens are far from home. The majority of teens say the greatest risk in using marijuana is upsetting their parents or losing the respect of friends and families.

Want more parenting advice? Visit the Advice section of *TheAntiDrug.com*. For more student travel safety tips, check out the Student & Youth Travel Association of North America Web site and download their "Travel Tips" brochure.