

SENIOR YEAR OF HIGH SCHOOL. A TIME OF NOSTALGIA, EXCITEMENT, POSSIBILITY, AND TEMPTATION.

Your teen may be graduating soon, but that doesn't mean it's time to let go.



From spring break to prom, senior trips to graduation day, there are plenty of opportunities where teens may consider taking risks, especially drinking and drug use. In fact, although drug use has declined over the past four years, surveys show nearly one in three high school seniors were drunk in the last month, and more than one in five used an illicit drug.¹

YOUR TEEN NEEDS YOU NOW JUST AS MUCH AS EVER. THERE ARE MANY WAYS TO HELP KEEP YOUR TEEN SAFE AND HEALTHY.

- **REINFORCE YOUR EXPECTATIONS.** Throughout their high school years, you've set rules and established the consequences for breaking them. Perhaps you've loosened up on a few rules, like curfew. But be clear—drinking or drug use remains unacceptable. Being an upperclassman has privileges, but it also has responsibilities.
- **ENCOURAGE YOUR TEENS TO MAKE EACH MOMENT COUNT.** Your teens only get one senior year. Let them know you don't want them to miss out on things because of bad choices, like drinking or drug use. One bad choice could change their lives forever.
- **PROVIDE SAFE ALTERNATIVES.** Parties abound during senior year. Plan chaperoned alcohol-free parties around prom and graduation. For teens staying home during spring break, volunteering and other community activities offer a safe and productive use of their free time.
- **SET A GOOD EXAMPLE.** Don't let anyone convince you that it's a good idea for teens to drink or use marijuana under your supervision. It sends the wrong message and may lead your teen to make other bad choices.

Visit TheAntiDrug.com or call 1.800.788.2800 for more ways to help your teen make the most of this important time.

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¹Monitoring the Future Survey, 2005. 23.1 percent of high school seniors report using an illicit drug in the past 30 days; 30.2 percent report having been drunk in the past 30 days.