

WHEN TEENS

ROOM ONE

START PARTYING

Adolescent alcohol & marijuana use is both scary to adults & very common. After all, your child's teen years are all about growth, trying new things & worrying all the adults who care for them. Room One believes that keeping lines of communication open is the most important part of keeping your kids safe.

WHO?

It's not news to most that many teenagers experiment with drugs and alcohol.

However worrisome this new behavior feels, it is human nature to be curious and expected for teens to seek independence and long for social acceptance.



WHY?

To gain social capital w/ peers

To try something new & exciting*

To numb or ignore feelings**

*Teens are natural born thrill seekers and long for independence as they strive to distance themselves from being "children." Most often, a teen choosing to try something is based on the simple desire to make their own decisions.



TALK IT OUT

Keeping communication open and honest keeps you involved in the decision making process. Talking with your teen about the risks **AND** the benefits (i.e. being socially included with peers) allows them to talk about their own fears & curiosities in a non-punitive environment. Honesty begets honesty: if you want to be an involved, supportive adult for your teen, try not to limit what they are allowed to be honest with you about! The truth is, perceived punishments do not stop teens from trying new things... it only stops them from being honest with you about it.

"Call me if you need a ride- I want you to be safe!"

"Mom, I'm at a party and too drunk to get home... can I get a ride?"

Be your teen's Safe Place.
Affirm their choice to call for help!

- Don't take it personally; your teen isn't drinking just to make you mad!
- Most people do NOT end up with addiction issues
- **There are red flags to watch out for, such as co-occurring mental health concerns, consumption of harder drugs or excess use of alcohol or weed. However, the best way to spot them is to keep communication with your teen open and honest