

Family & Youth Options

Tips for Parents: Pressures on Teens

What to Watch For:

Parents can safeguard their teenage children from risky behaviors by understanding the many pressures in their lives. Teens often make unhealthy and unsafe choices, such as using drugs and alcohol, to fit in, to cope with an underlying problem, to feel stimulated or to address some combination of these. Family & Youth Options urges parents to keep an eye on their teen and watch for these red flags:

- Sudden dramatic change in behavior, such as sleeping or eating habits
- Frequent sadness or over reactions to everyday events and disappointments
- Less interest in activities, absences from school or poor grades
- Problems with relationships or more isolation than usual
- Needing constant support or reassurance
- High levels of irritability, hostility or anger
- Self-injury, such as cutting or scratching oneself
- Extreme eating patterns or unhealthy obsessions with appearance or weight
- Unusual borrowing or spending of money, or secretive behavior
- Blood shot eyes or confusion

What Parents Can Do:

Parents can positively influence how their teen handle pressures, here's how:

- Be involved. Encourage other adults to also be active in your teen's life
- Use everyday opportunities to talk about topics affecting their world like alcohol and drug use
- Model and teach positive stress management and coping skills
- Listen carefully and watch to make sure your teen isn't taking on too much
- Provide opportunities for independent decision making
- Focus on the positive, praise your teen's special talents and nurture his/her interests
- Set and enforce limits on your teen's media use
- Challenge your teen to be an individual or a leader and encourage independence and integrity

This information along with more helpful tips for parents is available at www.theantidrug.com



About Liberation Programs, Inc.

Liberation Programs, Inc. provides a variety of service options to help youth, adults and families be free of the disease of addiction in order to restore their lives. The agency has sites in Darien, Greenwich, Stamford, and Bridgeport that serve over 1,200 people every day. Last year, the agency served 2,882 unduplicated persons. Services include residential and outpatient treatment programs as well as preventative education and outreach in the community.

About Family & Youth Options

Youth are most impressionable during teen and pre-teen development. That is why Liberation Programs established an innovative three-pronged support system that educates youth and adults about the realities of drugs and alcohol. Peer-to-peer counseling, family therapy, and on-site intervention are some of our core services provided by Family & Youth Options. Prevention education is administered through schools, community forums and is also available to those who work closely with adolescents.

To access treatment services call 203.851.2077