



- Simple ways to protect your children from unsafe behavior
- Enabling your children and teens to make good decisions
- Teaching children and teens to resist negative peer pressure

#### A. Set the Stage: Role Modeling



*“Michael C. Bradley, in his book, “Yes, Your Teen Is Crazy”, assures parents that your morals, values and ethics become an integral part of your child’s psychological makeup. If you have been imparting good values to your children they will stay with him for the rest of his life. During adolescence, “(they) may have put them (your values) in cold storage.....but they’re there and they will reappear in time”.*

National Institute of Alcohol Abuse and Alcoholism  
[http://pubs.niaaa.nih.gov/publications/MakeADiff\\_HTML/makediff.htm](http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm))

Use alcohol moderately:

- Don’t communicate to your child that alcohol is a good way to handle problems. For example, don’t come home from work and say, “I had a rotten day. I need a drink.”
- Let your child see that you have other, healthier ways to cope with stress, such as exercise; listening to music; or talking things over with your spouse, or friend.
- Don’t tell your kids stories about your own drinking in a way that conveys the message that alcohol use is funny or glamorous: Understand that the media and peers portrays alcohol in a glamorous ways
- Never drink and drive or ride in a car with a driver who has been drinking.
- When you entertain other adults, serve alcohol-free beverages and plenty of food. If anyone drinks too much at your party, make arrangements for them to get home safely.

**B. Develop a loving, open relationship with your children (so that you are their role model)**

- a. **What holds us back?**
- b. **Agree to disagree**
- c. **Disappointment**
- d. **Look for small windows of opportunities to talk and ask their opinion:**
- e. **Be there safety net**
- f. **Role playing:** (<http://momastery.com/blog/2014/06/11/conversation-save-teens-life-and-own/#sthash.Md9ybrpU.dpuf>)
- g. **Find a mentor**
- h. **Always give children opportunities to make decisions**  
*“Most people make their choices unconsciously and feel controlled by life. If you raise your children with awareness of his choices, he will not only feel less controlled, he really will have a greater command of himself both psychologically and physiologically.”*  
-Becky Bailey, *“Easy To Love, Difficult to Discipline”*

**To encourage a feeling of autonomy:**

- Would you like a sandwich or pizza for lunch?
- Do you want to make the sandwich or should I?
- Would you like to ride your bike or take a walk over to the park?

**To encourage involvement in making rules:**

- When is a good time for you to set the table?
- Would you like to say excuse me or pardon me when you leave the dinner table?
- What is a good amount of time for computer use for kids?

**To encourage kids self care:**

- Do you want to take a bath or a shower?
- Do you want to use bar soap or baby soap?
- Do you want to get a blue or green toothbrush?

**To encourage decision making:**

- Do you like the blue or clear bowl?
- Do you think Grandma would like flowers or a gift card for her birthday?
- What should we make for dinner, chicken or noodles?

**As they get older ask:**

- When are you available?
- “What will work for you?”
- “What do you think? What should we do?”