



PREVENTION TALK

IT'S ALL IN THE FAMILY

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Who is your teen's role model? If you answered his or her parents, you are correct. In a recent survey, when America's teens were asked to give an adjective to describe their parents or guardians, they used words such as "role model," "buddy" and "confidant."¹

Forty-six percent of the teens responding to the "State of Your Nation's Youth" survey listed family members as their number one role model – over rock stars and sports figures.¹ The same survey reported that 75% of high school students state they get along very well with their parents or guardians. A recent online survey revealed that half of young women named their mothers as their role model.²

REMEMBER

Teens who have positive role models are more likely to do well in school and less likely to abuse substances.²

One teen from Pembroke Pines, Florida sums up this positive trend by saying, "My parents have experienced so much; they are the number one resource to the real world."³ Teens are reporting admiration and respect for their family members. Family members need to build on these feelings in order to influence healthy decision-making. When parents set examples of healthy living, they can influence their teen(s) to make healthy choices in their lives.²

One method of setting an example of healthy living is to make your teen feel connected to the family. When this connection or bond is developed, there are feelings of warmth, love and caring. These feelings can guide teens toward developing healthy

behaviors. To develop this bond, parents need to provide opportunities for their teen to learn life skills. They also need to be especially sure to recognize their teen's efforts.⁴

ACTION STEPS:

- Set a good example of healthy living.
- Share your values with your teen(s).
- Become interested and involved in your teen's activities.
- Plan some one-on-one time with your teen(s).
- Discuss the media's portrayal of alcohol, tobacco, and other drugs.

TO THINK ABOUT:

- Seventy-five percent of high school students surveyed reported good family relations.
- Your values, opinions and examples have a great deal of influence on your teen(s).
- Parents can be the number one resource for their teen(s) in the real world.
- What is one new skill you could teach your teen(s)?
- When was the last time your teen(s) had positive time alone with you?

For more information call:

SOURCES CITED:

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